

# The Farley Center at Williamsburg Place

5477 Mooretown Rd, Williamsburg, VA 23188

## The Farley Family Workshop

The Farley Center Business Offices  
221 Bulifants Blvd. Unit B,  
Williamsburg, VA 23188

## Farley Family Group Online

12pm Eastern every Friday  
Zoom Meeting

<https://summitbhc.zoom.us/j/6465227170?omn=84672341296>

Meeting ID: 646 522 7170

Jay White, MS, CSAC  
[Jay.white@farleycenter.com](mailto:Jay.white@farleycenter.com)  
757.914.8092



<https://farleycenter.com/programs/family-services/>

Jay White, MS, CSAC | [jay.white@farleycenter.com](mailto:jay.white@farleycenter.com) 757.914.8092  
Family Program on Zoom Meeting <https://summitbhc.zoom.us/j/9540354115>

Meeting ID: 954 035 4115

12pm Eastern every Friday excluding holidays

# Welcome to the Farley Family Workshop

Located at: The Farley Center Business Offices  
221 Bulifants Blvd. Unit B,  
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The Farley Family Workshop is a two-day weekend workshop for loved ones affected by substance use disorders (also called addiction or SUD). The workshop provides education on addiction, helps you identify how you have been affected by the disease, and offers a space to begin healing from those effects. We will help you to discover and explore your behaviors, attitudes, and feelings, and learn new skills and healthy responses to a new addiction recovery environment.

Addiction is a chronic brain disease that impacts everyone whose lives are touched by it. As the disease progresses, the attitudes and behaviors of the person with SUD dramatically change. Often, loved ones also experience dramatic changes in their own attitudes and behaviors due to the progression of the disease. We all need the opportunity to heal and grow as we enter addiction recovery. Research shows a 50% increase in long-term recovery rates for patients with SUD when family members attend family recovery programs, just like the one we offer. *This is why it is so important for you to participate!*

We welcome all family members and friends, ages 12 and above, of patients of the Farley Center or other Summit Behavioral Health programs in Virginia, to attend the Farley Family Workshop. There is no additional cost for 2 loved ones to participate, as the cost is included as a part of the patient's treatment. Please contact us if you have more than two family members that wish to attend.

*We want you to have a meaningful experience. Some guideposts for your time at the workshop include:*

**Understand the neurobiology of addiction**

Learn to recognize the symptoms of addiction and understand that the disease is chronic, progressive, and often fatal when left untreated.

**Embrace self-acceptance** Discover your feelings and needs. Recognize that much of this has been ignored to focus attention on the person with addiction.

**Breakthrough the denial** Accept that addiction affects the entire family, and you have the chance to grow your awareness of behaviors and attitudes. Learn the difference between supporting recovery vs. enabling the disease.

**Commit to a family recovery plan** Get involved by attending the weekly family group online or going to your own 12 step meetings or other support groups. Try out therapy for additional support. Find your own healing as a part of this work. Develop your own recovery plan.

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# Farley Family Workshop Schedule 2026

January 24-25

[https://FarleyFamilyJan24\\_25](https://FarleyFamilyJan24_25)

February 21-22

[https://FarleyFamilyFeb21\\_22](https://FarleyFamilyFeb21_22)

March 28-29

[https://FarleyFamilyMar28\\_29](https://FarleyFamilyMar28_29)

April 25-26

[https://FarleyFamilyApril\\_25\\_26](https://FarleyFamilyApril_25_26)

May 23-24

[https://FarleyFamilyMay23\\_24](https://FarleyFamilyMay23_24)

June 27-28

[https://FarleyFamilyJun27\\_28](https://FarleyFamilyJun27_28)

July 25-26

[https://FarleyFamilyJul25\\_26](https://FarleyFamilyJul25_26)

August 22-23

[https://FarleyFamilyAug22\\_23](https://FarleyFamilyAug22_23)

September 26-27

[https://FarleyFamilySept26\\_27](https://FarleyFamilySept26_27)

October 24-25

<https://FarleyFamilyOct24-25>

November 28-29

[https://FarleyFamilyNov28\\_29](https://FarleyFamilyNov28_29)

December 26-27

[https://FarleyFamilyDec26\\_27](https://FarleyFamilyDec26_27)

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# Agenda

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## Saturday

|                |                                             |
|----------------|---------------------------------------------|
| 8:30-9:00am    | Registration                                |
| 9:00-10:00am   | Introduction                                |
| 10:15          | Understanding Group Dynamics & Expectations |
| 10:30am        | Break                                       |
| 12:00pm-1:00pm | Neurobiology of Addiction                   |
| 1:00pm-2:00pm  | Lunch                                       |
| 2:15pm         | Codependency & Trauma                       |
| 2:30pm         | Boundaries, Enabling, and Helping           |
| 3:00pm         | Communication                               |
| 3:30pm         | Break                                       |
| 3:45pm         | Family Recovery & Planning                  |
| 4:45pm         | Review & Assignment Work                    |

## Sunday

|                 |                                          |
|-----------------|------------------------------------------|
| 8:30am-9:00am   | Check-In                                 |
| 9:30am-10:45am  | Communication Exercises Break-Out Groups |
| 10:45am-11:00am | Break                                    |
| 11:00am         | Boundaries Sharing Break-Out Groups      |
| 11:30pm         | Large Group Share Out                    |
| 12:00pm-1:00pm  | Lunch                                    |
| 1:00-2:00pm     | Recovery Plan Sharing Break Outs         |
| 2:00-2:30pm     | Review, Takeaways, & Share Out           |
| 2:30-3:00pm     | Closing                                  |

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