



FAMILIES IN TRANSITION (FIT) **SUPPORT GROUP**

SUNDAYS – 1:00–2:30 pm

856-455-7575 x1074

Welcome to the Seabrook House Family!

The FIT Group will be facilitated by
Diane Postell, LCSW, CADC & Tina Walls, MS,
of the Family Program staff.

Any family member above the age of 18 (childcare is not available) is welcome to attend this group.

Group topics will include (but are not limited to) addiction dynamics, setting boundaries, co-dependency & self-care.

SBH strongly urges you to attend our weekend Family Education Program (once) in conjunction with the weekly FIT Group.

You MUST call Diane or Tina in advance to register for the group, which is free-of-charge.

Group participation does not include visitation with the patients.

Help line: (800) 761-7575 • www.seabrookhouse.org

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