UNITY PATH
– FAMILY SUPPORT –

WHAT TO EXPECT IN RECOVERY OR REHAB

Recovery is more than getting through the day—
it's building a life you don't want to escape from.



Recovery or rehab programs are designed to help you ***heal*** physically, emotionally, and spiritually while ***building*** skills for long-term recovery. Every program is different, but here's what you can generally expect.

WHAT YOU CAN EXPECT

ASSESSMENT & PERSONAL PLAN
You'll meet with professionals to create a plan that fits your needs and goals.

THERAPY & COUNSELLING
Individual, group, and family therapy help you understand and change patterns, and heal relationships.

EDUCATION & LIFE SKILLS
Learn about addiction, triggers, relapse prevention, and develop healthy coping skills.

HOLISTIC WELLNESS
Focus on your physical health, mental well-being, and spiritual growth.

STRUCTURE & ROUTINE
Daily schedules provide stability, accountability, and time to focus on recovery.

PEER SUPPORT & CONNECTION
Build connections with others who understand and encourage you.

FAMILY INVOLVEMENT
Many programs include family education and support to help everyone heal.

AFTERCARE PLANNING
You'll work on a plan for when you leave—including treatment, support, and goals.

ONGOING SUPPORT
Continued support helps you stay connected and build a strong foundation.

HOPE & A NEW BEGINNING
Recovery is possible. You can build a meaningful and fulfilling life.

There will be challenges, but you won't face them alone.
Each step you take in treatment is a step toward a brighter future.

THINGS TO KEEP IN MIND

- Recovery is a process, not a race.
- It's okay to ask for help.
- Relapse can happen, but it doesn't mean failure.
- Celebrate the small victories.
- Be patient and kind with yourself.
- You are not alone—support is always available.

QUESTIONS TO ASK THE PROGRAM

- What types of therapy are offered?
- How is the treatment plan created?
- Will my family be involved?
- What happens after the program?
- Is aftercare or alumni support available?
- What should I bring?

You've already taken the hardest step—reaching out.
You are stronger than you think, and a new life is possible.

Keep going.
Keep believing.

YOU ARE NOT ALONE.
Hope. Healing. Support.
Together we can create a path forward.

Unity Path Family Support
Resources. Education. Hope.
www.unitypathfamilysupport.ca

This resource is for informational purposes and peer support only.
It is not a substitute for professional medical advice, diagnosis, or treatment.