

Our Mission

The mission of CREATE is to promote the physical, psychological, social and spiritual well-being of the community we serve through the provision of sensitive, caring community-based services that empower the individual.

Our Family Support Program

The focus of family therapy and couples counseling is the provision of psycho-education about how the addiction of one family member impacts the entire family. Treatment is provided to help families and couples develop strategies to cope with the problems that developed because of the addiction. Special attention and focus is on improving family communication and decreasing the situational stresses caused by a family member's substance use. Loved ones are also empowered to become a source of strength and support for the recovering person.



**73 Lenox Avenue
New York, NY 10026**
www.createinc.org

Speak to your counselor about joining our
Family Support Program

Or call 212. 663. 1596

and ask to speak to Iris Cohen, LCSW

Family Support Specialist

CREATE, Inc.

Family Support Program

Families Recovering Together



Family Counseling

Family therapy is a type of counseling that assists family members improve communication and resolve conflicts. Family therapy at CREATE is short term. It may include all family members or just those able or willing to attend. Your family counselor will develop a treatment plan that is based on your unique situation. Family therapy sessions will help you develop the skills you need to deepen family connections that will help get you through times of stress and conflict.

Couples Counseling

Couples counseling helps couples address the stresses and problems that developed because of the addiction. Your couple's counselor will develop a treatment plan that is specifically designed to address the problems in the relationship with the goal of restoring healthier functioning.

Individual Family Counseling

Family members of our participants can attend five sessions with a counselor to discuss any issues they have related to the consequences of their loved ones' addiction.

Our Family Support Program

It is our belief that addiction is a treatable brain illness that profoundly affects the lives of addicted individuals and their loved ones. The entire family system is impacted by this disease psychologically, physically, spiritually and financially.

Loved ones often feel at a loss for how to help their family member, partner, or friend. We want you to know that you are not alone. CREATE can help. Become involved with our Family Support Program.

According to the National Institute on Drug Abuse....

Family and friends can play critical roles in motivating individuals with drug problems to enter and stay in treatment. Family therapy can also be important, especially for adolescents. Involvement of a family member or significant other in an individual's treatment program can strengthen and extend treatment benefits.

[Join our Family Support Program.](#)



Let us help your family make recovery a priority

Family Support Services

Family Counseling

Couples Counseling

Individual Family Counseling

Monthly Dinner for Adolescents and their Families