

# RENAISSANCE RANCH ADDICTION TREATMENT CENTERS

Healing Through Christ 12-Step Support & Education Group

*For Individuals, Couples, and Families*

Recovery 12-Step and Education groups for those struggling with Addiction and/or Codependency.

Provided at no charge for those 18 and older/Youth group ages 12-17; open to all.

For optimum success we encourage you to attend groups for a minimum of 6 months and reach out for a sponsor.

You do not have to recover alone; newcomers are the most important member of the group.

Resources: 12-Step Healing Through Christ Workbooks to heal from Addiction and Codependency.

Workbook for Codependent Perspective: <https://www.healingthroughchrist.org/family-support-workbook/>

Workbook for Addiction and Compulsive Behaviors: <https://www.healingthroughchrist.org/recovery-workbook/>

Updated August 2025

## Addiction Recovery Zoom Groups

Monday	Addiction Recovery group for Couples & Individuals Jorden (Ranch Alumnus) and Ariél Weishaar 8:30 PM MT	<a href="https://us06web.zoom.us/j/87939460660?pwd=2Hh1bWoWUubJCZlQXldyLlIwzBOa5siL.1">https://us06web.zoom.us/j/87939460660?pwd=2Hh1bWoWUubJCZlQXldyLlIwzBOa5siL.1</a> Meeting ID: 879 3946 0660 Passcode: 756924
Tuesday	Women's Addiction Recovery Michele Noel and Amber Balaguy 7:00 PM MT	<a href="https://us06web.zoom.us/j/4910144094?pwd=Yll2QmRONU9oTE5MTXM3SERLUkdUT09">https://us06web.zoom.us/j/4910144094?pwd=Yll2QmRONU9oTE5MTXM3SERLUkdUT09</a> Meeting ID: 491 014 4094 Passcode: 5aZHL6
Thursday	All Men's Addiction Recovery Group Glen Boley (Ranch Alumnus) and Paul Eastman 8:00 PM MT	<a href="https://us06web.zoom.us/j/89000851152?pwd=OVNIWFF5blFhUUFsaTU3a2MwMnBjd09">https://us06web.zoom.us/j/89000851152?pwd=OVNIWFF5blFhUUFsaTU3a2MwMnBjd09</a> Meeting ID: 890 0085 1152 Passcode: 469632

## Family Support Zoom Groups

Sunday	Women's Betrayal Trauma Group Michele and Roxy 7:30 PM MT	<a href="https://us06web.zoom.us/j/4910144094?pwd=Yll2QmRONU9oTE5MTXM3SERLUkdUT09">https://us06web.zoom.us/j/4910144094?pwd=Yll2QmRONU9oTE5MTXM3SERLUkdUT09</a> Meeting ID: 491 014 4094 Passcode: 5aZHL6
Sunday	Youth Only (ages 12-17) teens with family members struggling with addiction or mental health issues Milly and Michael Smith and Alyssa Eastman 8:00 PM MT	<a href="https://us06web.zoom.us/j/87939460660?pwd=2Hh1bWoWUubJCZlQXldyLlIwzBOa5siL.1">https://us06web.zoom.us/j/87939460660?pwd=2Hh1bWoWUubJCZlQXldyLlIwzBOa5siL.1</a> Meeting ID: 879 3946 0660 Passcode: 756924
Monday	Family Support in "Working the Steps" Becky/Judy/Ruth 12:00 PM MT	<a href="https://us06web.zoom.us/j/82425599480?pwd=VVZDWit1bDcyV1JBaEJ2TS9RVUV0Zz09">https://us06web.zoom.us/j/82425599480?pwd=VVZDWit1bDcyV1JBaEJ2TS9RVUV0Zz09</a> Meeting ID: 824 2559 9480 Passcode: 053153
Monday	Family Support for Couples and Individuals Jorden (Ranch Alumnus) and Ariél Weishaar 8:30 PM MT	<a href="https://us06web.zoom.us/j/87939460660?pwd=2Hh1bWoWUubJCZlQXldyLlIwzBOa5siL.1">https://us06web.zoom.us/j/87939460660?pwd=2Hh1bWoWUubJCZlQXldyLlIwzBOa5siL.1</a> Meeting ID: 879 3946 0660 Passcode: 756924

<b>Tuesday</b>	<b>Family Support Group</b> <b>*Live In-Person; All adults welcome</b> <b>6:00-7:30 PM MT</b>	<b>*Live Meeting</b> <b>Renaissance Ranch</b> <b>664 Main Street #201 upstairs</b> <b>Logan Utah 84321</b>
<b>Tuesday</b>	<b>Family Group: Compassionate Support for Diverse Dynamics</b> <b>Chris and Heidi Nielson</b> <b>6:30 PM MT</b>	<a href="https://us06web.zoom.us/j/99690335035?pwd=QHRik7g2Ykza1ARL3UvR4od2VFzMzm.1">https://us06web.zoom.us/j/99690335035?pwd=QHRik7g2Ykza1ARL3UvR4od2VFzMzm.1</a> <b>Meeting ID: 996 9033 5035</b> <b>Passcode: 495947</b>
<b>Wednesday</b>	<b>Family Support in Overcoming Codependency</b> <b>Stephanie Eastman</b> <b>11:00 AM Arizona 12:00 PM Utah</b>	<a href="https://zoom.us/j/99377059235?pwd=MnpWefFteERLQklCUkxDaDdJc3JiQT09">https://zoom.us/j/99377059235?pwd=MnpWefFteERLQklCUkxDaDdJc3JiQT09</a> <b>Meeting ID: 993 7705 9235</b> <b>Passcode: 639394</b>
<b>Wednesday</b>	<b>Family Support and Healing Relationships</b> <b>Rick and Christine Dixon LAMFT</b> <b>6:30 PM MT</b>	<a href="https://zoom.us/j/99833666159?pwd=OFA1YVdXZ3c5MS9keEQ4dmtpbjc2dz09">https://zoom.us/j/99833666159?pwd=OFA1YVdXZ3c5MS9keEQ4dmtpbjc2dz09</a> <b>Meeting ID: 998 3366 6159</b> <b>Passcode: 314318</b>
<b>Thursday</b>	<b>Women's Support in Recovery and Healing</b> <b>Deanna Palma</b> <b>12:00 PM MT</b>	<a href="https://zoom.us/j/97259832414?pwd=bTVCYjZDUGtndWlHWIZlWmFQSy9KUT09">https://zoom.us/j/97259832414?pwd=bTVCYjZDUGtndWlHWIZlWmFQSy9KUT09</a> <b>Meeting ID: 972 5983 2414</b> <b>Passcode: 936308</b>
<b>Thursday</b>	<b>All Men's Support Group: Relationships, Addiction, Codependency</b> <b>Glen Boley (Ranch Alumnus) and Paul Eastman</b> <b>8:00 PM MT</b>	<a href="https://us06web.zoom.us/j/89000851152?pwd=OVNIWFF5blFhUUFsaTU3a2MwMnBjd09">https://us06web.zoom.us/j/89000851152?pwd=OVNIWFF5blFhUUFsaTU3a2MwMnBjd09</a> <b>Meeting ID: 890 0085 1152</b> <b>Passcode: 469632</b>
<b>Thursday</b>	<b>Wives/Partners Support Group (Women)</b> <b>Jody/Rachel/Stephanie/Ariel/ Julianne/Amee</b> <b>8:30 PM MT</b>	<a href="https://us06web.zoom.us/j/89684182717?pwd=K1Q0Wm5xMjFmMFdHZldFK05RaHh1Zz09">https://us06web.zoom.us/j/89684182717?pwd=K1Q0Wm5xMjFmMFdHZldFK05RaHh1Zz09</a> <b>Meeting ID: 896 8418 2717</b> <b>Passcode: 397854</b>

For optimum success please consider attending additional 12-step support groups such as AA or Al-Anon and reaching out for a sponsor. In recovery rooms, we are no longer alone and there is hope!

Resources: Healing Through Christ Workbooks for both the Addicted and Family Member perspective  
Workbook for Addiction and Compulsive Behaviors: <https://www.healingthroughchrist.org/recovery-workbook/>  
Workbook for Family Members: <https://www.healingthroughchrist.org/family-support-workbook/>  
Any questions reach out to Christine Dixon, LMFT; RR Recovery/Family Program  
Director: [Christine@renaissanceranch.com](mailto:Christine@renaissanceranch.com); [cdixon@theftclinic.com](mailto:cdixon@theftclinic.com); Social media IG [@addictionrecoverymom](https://www.instagram.com/addictionrecoverymom)  
Check out our FB or IG social media pages: [renaissanceranch\\_support](#); [renaissance\\_ranch](#); [renaissancerefuge](#)



## ***Family Member Testimonials***

*“My husband and I began attending 12-step groups at our church almost two decades ago. We were desperate to help our two sons who were battling a heroin addiction. It seemed our marriage and family were in a debilitating downward spiral. We felt fearful, resentful, and mentally exhausted from trying everything we could think of to control, fix, or save our sons. By the grace of God, we found the “Renaissance Ranch” family support group in 2007. We were surprised to learn that we had been unknowingly contributing to the negative cycle in our home due to our codependent behaviors. At the Ranch we learned tools, knowledge, hope and healing for ourselves, which we believe has helped contribute to our sons’ ongoing happiness and sobriety. We have been attending these family groups for years! This journey, and each Ranch meeting we attend today, continues to offer a beautiful gift of growth and healing for our entire family.”*

*Christine Dixon LMFT/RR Family Program Director*

*“Our family has struggled with several children who have been deep in addiction for many years. We have earnestly sought help at over a dozen treatment programs. Sadly, this had very little impact on our addicts, and was virtually no help at all for us, the family members. Renaissance Ranch has changed our lives! We learned through their amazing family program that healing is possible, for ALL of us, if we are willing to work our recovery just as our addicts must work theirs! Our journey of family recovery has been our greatest blessing.” Carolyn*

*“Prior to my son entering Renaissance Ranch, he had attended several recovery programs that did not offer family recovery groups. The family support groups at the Ranch have been instrumental to my recovery and helping me reconnect with my son, which has been pivotal to my son’s ability to live in long-term sobriety today! The step work and personal stories each week have given me hope and healing. I have gained a wonderful recovery family in a very safe place. I am grateful for these weekly group meetings that have put me on a strong path of recovery!”*

*Claudia Grover*

## **Why is Recovery Vital for Families?**

**\*We understand the pain of family members who are dealing with addiction or affliction. We are here to give you hope and tools through proven 12-step faithbased resources and relationship-based skills. \*Addiction can be chronic, progressive, and potentially fatal. We view addiction as a systemic family problem and the principles of recovery as the framework to healing families.**

**\*Research indicates 78% higher likelihood of long-term sobriety from addiction when family members choose to be informed and engaged in the recovery treatment process.**

# Welcome & Resources for RR Family and Guests

Dear family member,

We are looking forward to getting to know you. Your participation and support in your addicted loved one's life have tremendous impact on their recovery! Thank you for encouraging him to find help and for your desire to support. We know addiction strains relationships and understand firsthand the deep pain of family members. Addiction is a serious enslaving midbrain disease with the capacity to take away the human will; yet there is great hope!

We urge you to carefully study this email and consider the *actions you can take* that will dramatically increase the likelihood of success for your family towards peace from the despair of addiction. The long-term sobriety of your addicted loved one will be impacted exponentially by your willingness to become educated about addiction from a family member perspective.

We welcome all family members 18 and older to join our family groups in person or online to gain knowledge of recovery principles and practices. You will become a more effective and healthy support person which will reduce relational "triggers" that often contribute to cravings and perpetuate the cycle of addiction.

Historically (and typically), only the addicted family member has been targeted for treatment and support; however, many studies claim that the inclusion of family members and other significant people in the patient's treatment program are perceived as critical to continued recovery (Carten, 1996). According to research, family support for a loved one in addiction increases the chances he/she will remain in treatment, adhere to treatment recommendations, and have a higher likelihood of maintaining long term sobriety (DeCivita, Dobkin, and Robertson, 2000).

We know the opposite of addiction is not sobriety, but meaningful human connection! Besides trauma, the often cited #1 reason for relapse back into addiction is relationship conflict which almost always involves the spousal or parental relationship. Family members do not cause addiction, can't control, or cure addiction; however, they can contribute (unknowingly) to the cycle through codependent behaviors.

\*The best thing we can do for our addicted loved one is to work on our own recovery from rescuing, persecuting and suffering codependent behaviors. We also learn what to do when we don't know what to do! You may also be invited to join in therapy sessions.

In our Family Education/Process groups we learn the language of recovery which helps us feel a new sense of hope and healing for ourselves and our family relationships!

**WE URGE YOU TO CONSIDER ATTENDING OUR COMPLIMENTARY ONLINE RECOVERY  
& EDUCATION CLASSES, AS WELL AS SEEK OUT IN-PERSON 12 STEP OR ALANON  
MEETINGS IN YOUR AREA TO ACHIEVE THE MAXIMUM RESULTS OF THE GIFT OF RECOVERY FOR YOURSELF  
AND FAMILY FOR GENERATIONS TO COME!**

## *Renaissance Ranch Resources for Family Members:*

Here is a list of excellent resources to help you know what to do when you don't know what to do. As you might have come to realize, your best efforts have not worked up to this point; the disease of addiction can be baffling and complex for both the family member and their addicted loved one.

It is crucial that we learn how to be a healthy support person to our addicted loved one so that we are not

innocently contributing to the cycle of addiction. We often observe clients in treatment, who have worked very hard on their recovery, graduate and return to homes and relationships with the same former family dynamics and interactional patterns prior to treatment. This can be very problematic and can potentially lead to relapse. One of the highest observed reasons for relapse is relationship conflict; typically, the parental or spousal relationship. Addiction is a symptom of underlying causes and conditions that impacts relationships...recovery addresses those deep-rooted conditions and heals relationships!

Recovery at the Renaissance Ranch is an opportunity for all adult family members to learn recovery principles and practices that will contribute to the overall well-being of BOTH the family member and the addicted loved one. Family members will begin using the same recovery language, skills and tools as their loved one in treatment and become more unified with their loved one through their personal recovery efforts.

If we want to encourage long term sobriety in our loved ones, it is essential that we ponder the following question: "Is there anything in my attitude, thoughts, beliefs or behaviors toward my addicted loved one that could be contributing to an unhealthy relationship with him/her?" In family group we learn to recognize negative codependency patterns and empower positive interactions in our relationships and personal lives. It is true that families who choose to recover together, heal together!

The good news is that we see huge success in Renaissance Ranch clients who have family members who are determined to not give up and are willing to become educated in the recovery process. We also see success in addicted affected relationships when family members engage in the 12 steps of recovery as a framework to understanding their role as a healthy and effective support person for their addicted family member. Family members in recovery are often surprised at how much they grow personally!

Below is a description of the resources and actions that are most helpful as you begin your recovery journey:

## 1. Attend Renaissance Ranch Online Family Education Classes

Please see our Online family program schedule on the first page. 11 of our classes are open to the public; however, the residential family group taught by Matt Piper, is a closed group for family members whose loved ones are currently participating in the Men or Women's Residential treatment center. You can email [mpiper@renaissanceranch.com](mailto:mpiper@renaissanceranch.com) for admittance to the Residential Family Group.

You are welcome to attend as many of the open classes as you wish and please understand that the more family members (eighteen and older) who attend, according to research, the higher the chances of a more positive outcome for addicted loved ones. Note that classes are taught from a spousal, parental and personal perspective. We also offer a women's noon, wives' group, and couple's group.

2. Check out [renaissanceranch.com](https://renaissanceranch.com) for classes and Renaissance Ranch You Tube channel to search for webinars and podcasts for family recovery:

<https://renaissanceranch.net/welcome-to-family-members/>

### 3. Personal study: Recovery knowledge is transformative and vital

“If nothing changes, nothing changes.” We can focus on changing the only thing we truly have power to change...ourselves. (See recommended workbook and reading list below). We highly recommend you purchase a personal copy of the workbook “*Healing Through*

*Christ: Hope and Healing for those who have a loved one in addiction*” which is available online @

[www.healingthroughchrist.org](http://www.healingthroughchrist.org). We also recommend “*How Al-Anon Works for*

*Families & Friends of Alcoholics*”. You can access the Al-Anon book through Amazon. These two books are valuable resources for family members (spouses, parents, and friends) with a loved one struggling with addiction. Many family members have expressed deep appreciation for the recovery tools, principles, and practices found within these books.

### 4. Attend outside 12-step and Al-Anon meetings

Attending local 12 step meetings (with those in addiction) like AA/ARP, or Al-Anon meetings (meetings for family members who have a loved one in addiction) will give you an opportunity to learn from others who have been in your shoes and have years of experience. We learn so much from the recovery stories of others: both those who have personal addictions and those who are in recovery because of an addicted family member. Attending a variety of meetings will help you find the best possible fit. Many of these meetings are also available online:

Check out: [www.al-anon.org](http://www.al-anon.org); or [www.addictionrecovery.churchofjesuschrist.org](http://www.addictionrecovery.churchofjesuschrist.org) for meetings in your area.

### 5. Find a support person

We are NOT meant to recover alone. It is very helpful to find a sponsor and experienced friends in recovery. By attending 12 step meetings or Al-Anon meetings in your area, you will meet individuals you will be drawn to because of their wisdom and experience. (Please see Appendix

4: Sponsorship in our *Healing Through Christ* family workbook, pp. 153-156)

### 6. Practice our “Dailies”

Practicing our “Dailies” with recovery actions as study, step-reviews, daily prayer, meditation, scriptures and journaling will invite God into our lives to help us access daily peace and spiritual power beyond ourselves as we strive to make positive and needed changes in all aspects of our lives, particularly in our relationships with our addicted loved ones. (See Reading List below)

## 7. Reach out for help

For any questions, please contact the Renaissance Ranch center your loved one is attending or email the staff member who sent you this email.

Much love to you and your family,

Christine Dixon/Renaissance Ranch Family Program Director [christine@renaissanceranch.com](mailto:christine@renaissanceranch.com)

## Resources for Codependency and Addiction

### Family Education Classes

Treatment Sponsored Open/Public Family Education Classes:

Renaissance Ranch Addiction Recovery Treatment Centers

Classes/Webinars/Podcasts (Faith-based)

Link: <https://renaissanceranch.net/welcome-to-family-members/>

### Codependency Support groups (non-denominational)

Al-Anon family groups (see al-anon.org)

Co-Dependents Anonymous (coda.org/find-a-meeting/)

Adult Children of Alcoholics & Dysfunctional Families: (adultchildren.org)

### 12-Step Addiction Recovery Groups *Non-denominational:*

aa.org (alcoholics anonymous) na.org (narcotics anonymous)

sa.org (sex addiction anonymous)

*Faith-based:* (see if your faith offers a 12-step program) arp.lids.org salifeline.org

(specific for pornography, sex addiction, and healing from betrayal)

### Books

*Non-denominational:*

\*Book: AA Fourth Edition Alcoholics Anonymous Big Book (first 164 pages)

Twelve Steps and Twelve Traditions

How Al-Anon Works

A Codependents Guide to the Twelve Steps, by Melodie Beattie *Faith-based:*

Healing through Christ workbook: available @ [healingthroughchrist.org](http://healingthroughchrist.org) (Workbooks

available for both addiction and codependency)

## Renaissance Ranch Family Group Reading List 2023

Healing Through Christ: *Help, Hope and Healing for those who have a loved one in addiction* (available online @ [healingthroughchrist.org](http://healingthroughchrist.org); over 131 authors quoted)

Al-Anon (AA's Family Program) *How Al-Anon Works for families & Friends of Alcoholics*

*Alcoholics Anonymous* (The Big Book, the first 160 pages)

Al-Anon Daily Readers such as *Courage to Change, Hope for Today*

Addiction: Is addiction really a disease? 3 min. DVD Trailer @  
<https://www.youtube.com/watch?v=wxikVQR90VM&list=PLA8F89537FD4C3FD1>

*A Codependents Guide to the 12 steps*: Melody Beattie

*He Did Deliver Me from Bondage* by Colleen C. Harrison

*7 Habits of Highly Effective Families* by Stephen R. Covey

*The Infinite Atonement* by Tad R. Callister

*I Don't Have to Make Everything All Better* by Gary & Joy Lundberg

*Healing the Shame that Binds You* by John Bradshaw

*Bradshaw On The Family* by John Bradshaw

*Boundaries – Knowing, Honoring, Protecting the Self* by Charles Whitfield

## **Pornography/Sex addiction specific:**

Groups:

S-ANON 12 steps, S-Anon International Family Groups, Inc.

LDS ARP 12-step pornography recovery meetings (general addiction and family support groups);  
[addictionrecovery.lds.org](http://addictionrecovery.lds.org)

[Salifeline.org](http://Salifeline.org) (Separate Groups for addiction & betrayal trauma)

Books:

*Healing through Christ Recovery Workbook: Help, Hope and Healing for those willing to rely upon the Savior to liberate them from the captivity of addiction*

*He Restoreth My Soul* by Donald L. Hilton Jr., MD

*What do I do about Him/Me?* By Rhyll Croshaw (Co-Founder of SA Lifeline)

*From Heartache to Healing* by Colleen C. and Phillip A. Harrison (husband and wife)