



Pennsylvania  
Department of Drug and  
Alcohol Programs



# Family Learning Series

## What this is

A free, on-demand series of short (10–15 minute) videos, each focused on a specific topic for families and loved ones supporting someone affected by drug or alcohol use.

## What the videos cover

Across the seven-part series, you'll find guidance on topics such as:

- ✓ what a substance use disorder (addiction) is and how it affects people and families
- ✓ what to expect during treatment and recovery
- ✓ setting healthy boundaries and caring for your own well-being
- ✓ supporting children impacted by a loved one's substance use
- ✓ finding trusted treatment, recovery, and family support resources across Pennsylvania

Watch

[pa-ddap.info/family](https://pa-ddap.info/family)  
or scan the QR code



## Need help now?

Call 1-800-662-HELP (4357) for free, confidential support and treatment referrals, 24/7.

Help is available even if you don't have insurance or your insurance doesn't cover care.