

# About HEART

*Helping Everyone  
Achieve Recovery Today*

HEART is a confidential education and support group designed for the families of individuals with a substance use disorder. The purpose of HEART is to enhance the knowledge and skills of families as they journey through addiction and recovery.

HEART is free of charge and families do not have to have any affiliation with Heartview in order to attend.



# H.E.A.R.T. FAMILY PROGRAM

## Contact Heartview



### Phone

701-222-0386



### Website

[www.heartview.org](http://www.heartview.org)



### Locations

**Bismarck Downtown**  
101 E Broadway Ave

**Bismarck Recovery Center**  
305 N 23rd St

**Cando**  
7448 68th Ave NE

**Dickinson**  
30 7th St W, 4th floor





## Heartview Services

- Drug and Alcohol Evaluations
- Residential Treatment (Bismarck, Cando and Dickinson)
- Outpatient Treatment
- DUI Seminars
- Medication Assisted Treatment
- Tobacco Cessation Specialists

Call Heartview's intake office at 701-751-6129 with questions about accessing treatment services.

## Attend H.E.A.R.T.



### WHEN

H.E.A.R.T. is held biweekly on Tuesdays from 6-8 p.m. A schedule can be found at [www.heartview.org](http://www.heartview.org)



### WHERE

101 E Broadway Ave, Bismarck



### QUESTIONS

Registration is not required and the program is FREE for all participants.

If you have any questions, contact Heartview at 701-751-6135.

## What to Expect

Volunteers and families working through recovery will meet for approximately one hour of educational topics and one hour of support group.

H.E.A.R.T. will consist of videos, activities and discussion on topics such as:

- Codependency
- Legal system
- Stress reduction
- Family roles/feelings
- Gaslighting
- Manipulating
- Boundaries
- Personal stories