



Multi-Family Group

Tuesdays at 5pm in Westport, CT

For Patients & Families in PHP and IOP at LiftWell

Healing doesn't happen in isolation, and neither does recovery.

Our Multi-Family Group brings together patients and their caregivers to strengthen communication, increase understanding, and build practical tools to support recovery at home.

What Is Multi-Family Group?

A therapist-led group where families come together in a supportive, structured space to:

- Learn about mental health and eating disorder recovery
- Improve communication skills
- Practice boundary-setting and emotional regulation
- Reduce blame, shame, and isolation
- Build confidence in navigating difficult moments at home

Topics May Include:

- Understanding anxiety, depression, and mood disorders
- The function of eating disorder behaviors
- Validation vs. problem-solving
- Managing conflict productively
- Setting healthy expectations and limits
- Caregiver burnout and self-care

This group is included in programming and attendance is required. Please reach out to Christine Sacane, LCSW with any questions:
csacane@liftupwellness.com