

## What does The Family Center offer?

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### Education

- Adult Education/GED classes
- Exercise & fitness classes
- Nutrition classes
- Pathways to Success K-6 afterschool program

### Vocational Training

- Pathways Academy Vocational Training
- Basic and intermediate computer classes
- Work experience training
- Financial aid application assistance
- Community garden
- Employment counseling & assistance
- Get out of poverty programs

### Christian Counseling

- Individuals, families and couples
- Mental health counseling
- Substance abuse counseling
- Healthy relationships
- Anger management
- Support groups

### Other Services

- ACCESS assistance for benefit applications
- HIV testing and counseling
- Legal services (non-criminal)
- Veteran & Military Services
- Smoking Cessation Classes

## Pathways For Change Partners

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Area Housing Commission  
Bay Area Food Bank  
Capella University  
Catholic Charities  
Community Action Program Committee  
Community Drug and Alcohol Council (CDAC)  
Covenant Hospice  
Department of Children & Families (DCF)  
Early Childhood Court  
Early Learning Coalition  
Escambia Board of County Commission  
Escambia County Extension Services  
Escambia County Health Department  
Ever'man Natural Foods  
Florida State University  
Grand Canyon University  
HIV testing & counseling  
George Stone Technical Center  
Learn to Read of Northwest Florida  
Northwest Florida Legal Services  
Pensacola State College  
Transitions Displaced Homemaker Program  
Trio / Educational Opportunity Center  
Troy University  
United Ministries  
United Way  
University of West Florida  
Walden University

*For More Information about  
Women's Treatment:*

**Call The Family Center**

850-637-1429

Email: [info@pathwaysforchange.org](mailto:info@pathwaysforchange.org)



**PATHWAYS**  
*for change*

*Changing Lives • Reducing Crime • Building Futures*

*Outpatient Substance  
Abuse Treatment  
for Women*

The Family Center  
2050 W. Blount Street  
Pensacola, FL 32501  
(850) 637-1429

*“Helping women find ways to stay  
sober and stable.”*



## Program Overview

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Outpatient Substance Abuse Treatment for Women is a new, affordable program that helps women learn and grow toward stability – and lasting sobriety – during early recovery from drug and alcohol problems. To prevent relapsing back to using substances, we know that women need a safe, compassionate place and time to focus on themselves, as they prepare for new, drug-free lives. Our caring, ethical, non-judgmental counselors are sensitive to women's issues.

Our 12-week program includes:

- Complete assessments & evaluations
- Education on addiction, health & wellness, communication skills, and managing stress, including cravings and triggers
- Relapse prevention techniques
- Small, therapeutic groups
- Family group therapy & education
- Individual counseling weekly
- Weekly, evening 12-Step meetings
- Free child care, on-site

Our program meets three days a week, for three hours a day - in the afternoons - for a total of nine hours a week. Medicare, Medicaid, Private Insurance and sliding scale accepted. Call for more information.



### Signs and Symptoms of Drug & Alcohol Abuse:

Do you have occasional memory lapses following use?

Have you been having trouble meeting your obligations or responsibilities at home, at work or at school?

Do you find that it takes more and more of the substance to get the same high?

Have you tried to quit before, but haven't been successful?

Do you feel sick when you try to get sober or stay sober?

Do you feel that you may have a problem, with no one to talk to?

**Call  
850-637-1429**



### About The Family Center

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*Women's Treatment Program is held within The Family Center.*

The Family Center is a mission of Pathways For Change made possible through grants from The Dugas Family Foundation, the Pensacola Bay Area Impact 100, Gulf Breeze United Methodist Church, Destin Charity Wine Auction, Northeast Pensacola Sertoma and other Private Family Foundations. It is "the Place Where Lives Are Changed."

Pathways For Change provides education, prevention, intervention and aftercare to combat the detrimental impacts of substances and destructive lifestyles. The Family Center is an integral piece in Pathways For Change's extraordinary continuum of services in the war on poverty and substance abuse.

The Family Center takes a Christian approach to services that emphasizes God's grace, mercy and forgiveness. The Family Center serves all eligible people regardless of race or ethnicity, sex, age, religion, sexual orientation, disability or veteran's status. Call or walk in to learn more about accessing services at The Family Center.