

Luminis Health Pathways

Family Wellness Workshop

The misuse of alcohol or substances impacts the family and other interpersonal relationships. Recovery involves the healing of these relationships.

A therapeutic and educational program for adults or adolescents with substance use disorders. The Program brings together family members (such as parents, siblings, aunts, uncles, or anyone else who is considered family) for an educational session, group therapy, and personal growth. The program equips family members with communication skills, relapse prevention strategies and coping mechanisms for ongoing recovery. This workshop is open to the community, regardless of an individual's current stage of recovery.

Participants will:

- Receive an understanding about the disease of addiction, the nature of mental health disorders and how the two interact.
- Examine the stages of recovery for family members.
- Develop effective communication skills and boundary setting.
- Participate in adventure therapy to increase self-awareness and behavioral changes important in the recovery process.

Program Details

FREE TO ATTEND

- Virtual Workshop from 10am to 1pm
- Zoom provided by email after registration

To register please call 443-481-5449

Upcoming Workshop Dates

- December 18th
- January 8th and 22nd
- February 5th and 19th
- March 5th and 19th