



# Luminis Health™

## Pathways

# Family Wellness Workshop

**Join us for an educational & therapeutic program for friends & family of persons with substance use disorders.**

This workshop brings together individuals with similar experiences & concerns for an educational session, therapeutic group & personal growth.

The workshop provides education on communications skills, relapse prevention strategies & coping mechanisms to support ongoing recovery.

### Participants will:

- Gain an understanding of addiction & substance use disorder treatment.
- Develop effective communication skills & learn boundary setting.
- Learn from other families, gain insight from others with similar experiences.
- Participate in a session to increase self awareness & behavioral changes important to the recovery process.

## FREE to Attend & Open to the Community

**9:00am -12:30pm**

**To Register:**

**Phone** 443-481-5449

**Email:** [tschatzle@luminishealth.org](mailto:tschatzle@luminishealth.org)

**In-person**

**Virtual/Zoom**

11/02/2024

11/16/2024

12/07/2024

12/21/2024

1/04/2025

1/18/2025

2/1/2025

2/15/2025

3/1/2025

3/15/2025

4/5/2025

4/19/2025



The misuse of alcohol & drugs impacts the family & other interpersonal relationships.

**Recovery is connection.**

This workshop inspires the healing of these relationships.

**Luminis Health Pathways 2620 Riva Rd. Annapolis MD. 21401**