

Luminis Health Pathways

Family Wellness Workshop



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

Please join us for an educational and therapeutic program for friends and family of persons with substance use disorders. The workshop brings together individuals with similar concerns and experiences for an educational session, therapeutic group, and personal growth. The program provides education on communication skills, relapse prevention strategies and coping mechanisms to support ongoing recovery. This workshop is open to the community, regardless of their loved one's current stage of addiction or recovery.

Participants will:

- Gain an understanding about the disease of addiction, the nature of mental health disorders and how the two interact.
- Examine the stages of recovery for friends and family members.
- Develop effective communication skills and boundary setting.
- Participate in an adventure based counseling activity to increase self-awareness and behavioral changes important in the recovery process.
- Hear insights and learn from other families who have had similar experiences.

Program Details

FREE TO ATTEND

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

Upcoming Workshop Dates

April 9th and 23rd
May 7th and 21st
June 4th and 25th

To register please call 443-481-5449