

VIRTUAL EDUCATION GROUP

GROUP LOGISTICS

- Virtual group of up to 15 participants via Zoom
- Details provided by email
- Group will run for three hours with a short break

WHAT YOU CAN EXPECT

From our three-hour Virtual Group Zoom Meeting

- Overview of the Disease Model of Addiction
- A preliminary understanding and education around how the cycle of addiction can impact loved ones or family and friends (mental, physical, and emotional health)
- A safe and nurturing environment for those affected by a loved one's addiction
- Guidance for loved ones or family and friends wanting support around the different phases of addiction treatment (inpatient, intensive outpatient program, and early recovery)
- Help for loved ones or family and friends to begin their own recovery journey from crisis and trauma
- Learning about specific services offered in the community
- Laughter, tears, information and education, a sense of belonging, and a desire for more
- Since we only have a few hours together, we'll discuss specific directions of where you might turn next
- Family Support group after meeting open to all families

www.harmonyfoundationinc.com/family

Updated 2-23-22

Resources for Families and Friends

Within the parameters and changes of the current COVID-19 pandemic, we want the opportunity to bring education and support to loved ones or family and friends who are affected by addiction. We are excited to offer a virtual education group as a safe option for this programming.

WE BELIEVE YOU CAN:

- Find your voice
- Feel like yourself again
- Eventually live without constant worry and fear
- Create healthy boundaries that stick
- Breathe and feel empowered
- AND love the person in your life who struggles with addiction without compromising your needs



ABOUT THE FACILITATOR

Marlyce Bowdish has been an advocate and ambassador for recovery support working in the field of addiction treatment for over 8 years. She was a leader in the Admissions Department at CeDAR in Denver, CO and currently is a certified interventionist who has helped many people find their path to recovery and hope for families. Most recently, Marlyce has worked to in Business Development and consulting for treatment programs in Colorado and out of state.