

VIRTUAL FAMILY EDUCATION GROUP

Tuesdays: 2pm-5pm MT
Thursdays: 5pm-8pm MT

GROUP LOGISTICS

- Virtual group of up to 8 participants via Zoom
Details provided by email
- Group will run for three hours with short break
- Family members can choose between two different session times listed above

WHAT YOU CAN EXPECT

From a three-hour Virtual Group

- Overview of the Disease Model of Addiction
- A preliminary understanding and education around how the cycle of addiction can impact family members (mental, physical, emotional health)
- A safe and nurturing environment for those affected by a loved one's addiction
- Guidance for family members wanting support around the different phases of addiction treatment (inpatient, intensive outpatient program, early recovery)
- Help for family members in beginning 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, a desire for more since we only have a few hours together, and a purposeful and specific direction of where you might turn next

Resources for the Whole Family

Within the parameters and changes of the current COVID-19 pandemic, we want the opportunity to bring education and support to family members who are affected by addiction. We are excited to offer a new component by introducing a virtual family education group.

WE BELIEVE YOU CAN:

- Find your voice
- Feel like yourself again
- Not live in constant worry and fear eventually
- 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

Morgan Roy has a Bachelors of Science in Applied Psychology with a specialization in Positive Psychology and a Masters in Marriage and Family Therapy from Regis University. Morgan has extensive experience working with family systems, couples, young adults, and adolescents. Morgan has training and education in Gottman Method couples therapy and is currently Level 2 certified and a certified leader of The Seven Principles of Making Marriage Work.