

VIRTUAL FAMILY SUPPORT AND EDUCATION GROUP

Tuesday 2 pm–5:00 pm MST
Thursday 9 am–12:00 pm MST

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

Melissa Barbash, MA, LPC, LAC has worked in a variety of settings as a therapist, from corrections and residential treatment to private practice. Melissa founded RecoveryMe Counseling and has built her practice with a focus on group therapy, substance abuse treatment, relationships and connection. Melissa is especially passionate about helping partners who are in relationships affected by addiction. Melissa's career as a therapist is also greatly influenced by her time spent facilitating group therapy. She remains actively involved in continuing education group therapy, both as a participant and facilitator. Melissa is currently an active member of the American Group Psychotherapy Society (AGPA) and is the Conference Chair for the Four Corners Group Psychotherapy Society (FCGPS).

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