



Family Addiction and Recovery Weekend

When addiction invades a family, everyone suffers. *But there is hope.*

This weekend workshop will provide family members and friends impacted by the disease of addiction a deeper understanding of this illness, how it affects them, and how their efforts to help sometimes lead to the problem getting worse. Through education, experiential exercises and group process, we will focus on what to do and what not to do, and we will provide participants with tools that can help them remain hopeful and resilient while moving forward with their own recovery process.

TOPICS WILL INCLUDE:

Understanding Addiction as a Progressive Illness ◦ Practicing Self-Care ◦ Setting and Keeping Boundaries ◦ What is Enabling? ◦ What Family Recovery Looks Like

DATES AND TIMES:

September 22-24, 2017
Friday evening: 5:30 - 8:30 pm
Saturday and Sunday: 9:00 am - 4:30 pm

LOCATION:

Old Mission San Luis Rey Retreat Center
4050 Mission Avenue, Oceanside, CA 92057

FEE:

\$400 per family (for up to 4 family members)
Please visit www.theactioninstitute.com, call 310-909-9780 or e-mail actioninstitute@mac.com for further information or to register.

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Facilitator: Jean Campbell, LCSW, CET III, TEP is a Licensed Clinical Social Worker, a Certified Experiential Therapist, a Board Certified Trainer and Practitioner of Psychodrama, Sociometry and Group Psychotherapy, a Practitioner and Trainer of Psychodramatic Bodywork®, an EMDR Practitioner and a Somatic Experiencing® Practitioner-In-Training. She has worked in the addiction and mental health fields for more than 22 years, focusing on resolving addiction and codependency issues through the lens of trauma and somatic psychotherapy. Jean brings her own 29-year journey of healing and recovery to every workshop she facilitates, and believes that what we can't do alone, we can do together.