



Family (And Friends) 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:

February 23-25, 2018

Friday, February 23: 5:30 - 8:30 pm

Saturday and Sunday, February 24-25: 9:00 am - 4:30 pm

LOCATION:

Mission San Luis Rey Retreat Center, Pablo Tac Hall
4050 Mission Avenue, Oceanside, CA 92057

FEE:

\$400 per family (for up to 4 family members)

Please visit www.theactioninstitute.com, call 760-884-9116 or e-mail dianaedds@gmail.com for further information or to register.

SPONSORED BY:



Facilitator: Diana Edds is an Registered Associate Marriage and Family Therapist*, approved by the California Board of Behavioral Sciences, a Somatic Experiencing® Practitioner-In-Training (Beginning Level), and Enneagram Institute® Certification student who specializes in working with individuals, couples, and families who have been impacted by addiction and/or trauma. She has facilitated experiential groups for teens, adults, and families and is committed to providing an environment where people can experience the healing and integration of body, mind, heart, and soul along with embodying this transformation in her own personal journey.

***Supervised by Jan Campbell, LCSW, TEP (LCS#24550)**