

LUMINIS HEALTH PATHWAYS

# Family Wellness Workshop

Join us for an educational and therapeutic program for friends and families of persons with substance use disorders.

This workshop brings together individuals with similar experiences and concerns for an educational session, therapeutic group and personal growth.

The workshop provides education on communication skills, relapse prevention strategies and coping mechanisms to support ongoing recovery.

**Participants will:**

- Gain an understanding about the disease of addiction and substance use disorder treatment.
- Develop effective communication skills and learn boundary setting.
- Learn from other families, gain insight from others with similar experiences.
- Participate in a session to increase self-awareness and behavioral changes important in the recovery process.

**Program Details (FREE to attend)**  
**9am -12:30pm**

**To Register:**  
**Phone** 443-481-5449  
**Email:** [tschatzle@luminishealth.org](mailto:tschatzle@luminishealth.org)

The misuse of alcohol or drugs impacts the family and other interpersonal relationships. Recovery is connection. This workshop inspires the healing of these relationships.

**This workshop is open to the community.**

**DATES**  
**In-Person**

2.3.24  
3.2.24  
4.6.24  
5.4.24  
6.1.24  
7.6.24  
8.3.24  
9.7.24  
10.5.24

**DATES**  
**Virtual/Zoom**

2.17.24  
3.16.24  
4.16.24  
5.18.24  
6.15.24  
7.20.24  
8.17.24  
9.21.24  
10.19.24

