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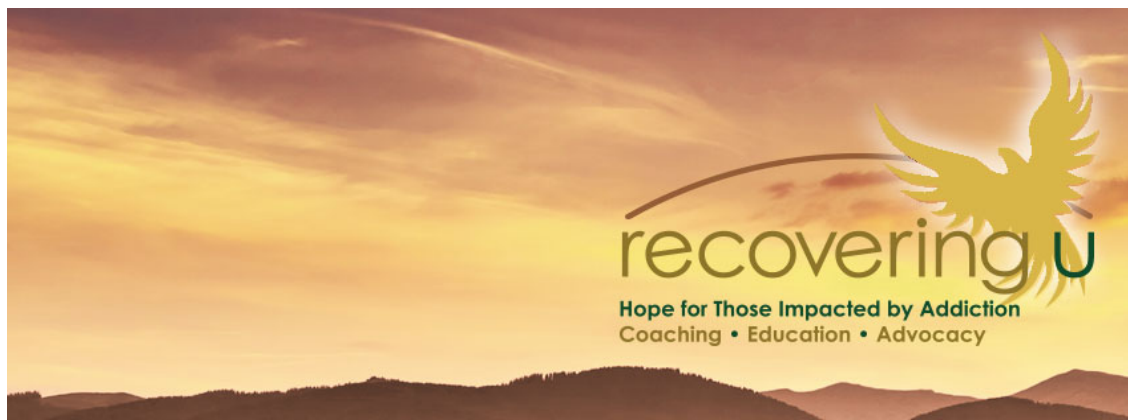
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GROUP COACHING SUPPORT FOR COURAGEOUS CAREGIVERS©**

Meets Wednesday evenings, 7:00-8:30 pm*

Nov. 4th - Dec.9, 2015*

[Click here for flyer](#)

Registration Deadline: Nov. 2, 2015 - Space is Limited

These group coaching sessions are for family members and friends who have loved ones struggling with any kind of substance addiction, opioid and/or alcohol addiction and use or who are new to recovery. Opioid addiction/use includes narcotic pain pills like Oxycodone, Oxycontin, Opana, Percocet, Vicodin & the drug heroin. The coaching support offered during Courageous Caregivers© groups differs from Alanon and Nar-anon recovery support groups because Gloria provides targeted coaching and facilitates group sharing. She also provides specifically focused educational information for each six-week session. Participants are informed about resources specific to their needs.

GROUP COACHING SESSIONS FOR A DIFFERENT OF GRIEF©**

Meets Tuesday evenings, 7:00-8:30 PM*

November 10, 17, 24 -December 8, 15, 22, 2015*

[Click here for flyer](#)

Registration Deadline - Nov. 9, 2015 - Space is Limited

The turmoil before and after an addiction-related death of a loved one may have a different effect on each family member or friend. As a professional in recovery from her son's overdose death, Gloria understands this kind of loss. The group coaching support differs from traditional grief support groups because Gloria's focus is on the trauma and stigma that often results from this kind of disenfranchised loss. She also provides a specifically focused educational curriculum for each six-week session. There is ample time for personal check-in.

**Contact Gloria@612-866-1056 or gloria@recoveringu.com for fee, registration and a free 1/2 hr. session.

JUST RELEASED!

RECOVERING U EVENTS

[Click here for links, flyers and more info to all events](#)

Annual Minnesota Association of Resources for Recovery and Chemical Health (MARRCH) Conference

Gloria will present "Substance Use Disorders: Myths and Misconceptions"

October 26 @ 1:00 pm - 3:00 pm
St. Paul River Centre, 175 West Kellogg Blvd
Saint Paul, MN 55102 United States

WOW Fall Forum and Book Fair Minneapolis Women's Club

Gloria will hold a question/answer session in Rm 4, 9:15-9:45am on the "Six Common Myths of Addiction." Her book, *Living in the Wake of Addiction* will be available for sale at her table throughout the rest of the event.

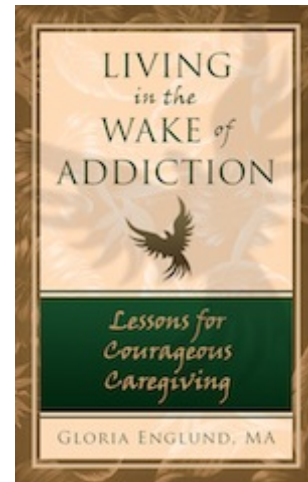
November 7 @ 9:00 am - 1:00 pm
The Woman's Club of Minneapolis, 410 Oak Grove St
Minneapolis, MN 55403 United States

Minnesota Recovery Connection Recovery Speakers Series

Gloria will be part of a panel of guest speakers sharing ideas on "Surviving the Season of Stress: Managing Recovery During the Holidays." The panel will address familial, financial, spiritual, and emotional stresses that we often face over the holiday season and offer resources and advice on how to manage these stresses specific to recovery.

December 1 @ 7:00 pm - 9:00 pm
The Recovery Church, 253 State Street
Saint Paul, MN 55105 United States

Living in the Wake of Addiction: Lessons for Courageous Caregiving



This book demystifies addiction, defies stigma, offers hope for recovery, and serves as a guide for families and individuals seeking support on the journey of recovery. To access a sample chapter, [click here](#)

\$14.95 [Available on Amazon](#)

For Direct Sales contact:
gloria@recoveringu.com

STEVE RUMMLER HOPE FOUNDATION PLACES 40 BILLBOARDS IN MINNESOTA!

The Steve Rummler Hope Foundation has just launched a Steve's Law Indiegogo Campaign. 40 donated billboards are going up across the Twin Cities this week promoting our campaign to provide naloxone across the state. As you know all too well, we are in the midst of an epidemic of opioid addiction and overdose deaths. Yet, death as a result of an opioid overdose is preventable. Naloxone, if administered in time, will stop the effects opioids have on the respiratory system and allow the person to start breathing again. However, for this to happen, naloxone must be widely available and in the hands of people in a position to use it. The greatest side effect is life. We hope YOU can join, share, and spread the word!

[#Steve's Law Indiegogo campaign!](#)

You can help us by sharing the news of our campaign via email newsletters, your Facebook and Twitter pages, and of course, by word of mouth. Every dollar counts when it comes to giving people in our communities a second chance.

Be a Hero and Save a Life!

In Gratitude,
Gloria

www.recoveringu.com