



## GROUP COACHING SUPPORT FOR COURAGEOUS CAREGIVERS©

Meets Wed. evenings, April 5, 12, 19, 26, & May 10, & 17, 2017\*

7:00–8:30 pm\*\*

*Registration Deadline: April 3, 2017*

*Space is limited*

\*If you can't make this six-week session, please inquire about date and times for the next sessions.

*"Gloria had valued experience with deep insight and compassion for those Courageous Caregivers© on the recovery journey with our loved ones. She helps me remember the often forgotten practice of affirming the good in the loved one as they seek and strive to maintain recovery."\*\**

*~Hank C.*

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 Al-Anon 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 also informed about resources specific to their needs.

\*\* Contact Gloria @ 612-866-1056 or [gloria@recoveringu.com](mailto:gloria@recoveringu.com) for fee, location and a *free* ½ hr. session.