



GROUP COACHING SUPPORT FOR COURAGEOUS CAREGIVERS©

Meets Wed. evenings, July 11, 18, 25, August 1, 8, & 15, 2018
7:00–8:30 pm**

Registration Deadline. July 9, 2018

*Space is limited**

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

"Gloria has provided us with a wealth of information that has been extremely valuable in our recovery. Gloria makes each and every person in her Courageous Caregivers© group feel validated and cared for. We would highly recommend Recovering u to anyone whose lives have been affected by the destructive disease of addiction. Thank-you, Gloria for providing those of us who are concerned caregivers the courage and support to carry on through this life-long journey. Your genuine caring support is truly a blessing from above."

~ John & JaNell Sabin

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 for fee, location and a *free* ½ hr. session. Scholarships are available.