



Family Recovery Education Course

Based on the 12 Principles of the BALM® Family Recovery Method

Have you found yourself filled with anxiety, or desperately attempting to control your struggling loved one? Perhaps you have wondered what you can do to help? So often friends and family members of those struggling with Substance Use Disorder believe that they are powerless and their loved one is hopeless. Not true! Where there is breath there is hope, and we can show you how to regain your calm and contribute in a powerful way to your loved one's health and recovery!

Where: **Just for Today Recovery and Veterans Services**
1337 E Market St
York, PA 17403

When: **September 18th – November 13th (No Class October 23rd)**
9:30am - 12:00pm

Families will learn to:

- Move from denial to awareness
- Let go of results and outcomes
- Quiet the noise of mental obsession
- Become less reactive and more responsive
- Effectively communicate with your loved one without judgment and anger
- Set and stick to boundaries, and use leverage effectively
- Find and engage with recovery support
- How to “Raise the Bottom” for your loved one
- Be aware of Stages of Change Model and triggers for relapse
- How to confidently perform mini-interventions (BALM® Conversations) with their loved one
- Heal relationships
- Gain Hope, Clarity, and Peace of Mind!

Class Structure

- 15 min Check in
- 45 min Educational Instruction
- 15 min Break
- 30 min Educational Instruction
- 45 min Hands on practice/Live and recorded speakers on recovery

Your recovery is like ripples on a pond, stretching out from you, impacting everyone you meet!
You are always at choice!



Registration Form

Name: _____

Phone: _____ Email: _____

Address: _____

Emergency Contact (Name and Number): _____

Currently, this training is intended to be in-person. We will adhere to local COVID-19 guidelines and regulations in order to maintain the safety of all participants. It is recommended that participants wear a mask when indoors.

If further guidelines are set forth to restrict indoor gatherings, this course may be offered via Zoom. How will that impact your participation? I am **not** interested in participating online.
 I will participate in person OR on Zoom.

This course will be offered over eight weeks. It is critical that participants attend all eight classes in order to benefit fully from the course. By submitting this registration, you are committing to the full course with intention of attending each week to the best of your ability.