

Empowering Families— a 4 week course.

Sale Price: 97.00 Original Price: 197.00

Addiction is heartbreaking.

If what you are doing isn't helping—loved one still using and you are still miserable, then it's time to change.

Join me, and others, on this journey of hope.

I'm a Licensed Independent Chemical Dependency Counselor-Certified Supervisor, and Life Coach. I'm passionate about helping people challenged by addiction and that includes you, a family member who loves them. That's why I've created this online course. Using science and compassion to teach you the skills to engage your loved one in a manner they will invite them to change, never losing sight of the invaluable need to strengthen your own self care.

In my 4-week interactive online course we will explore the key foundations to getting better:

- Understanding addiction
- Foundations of self-care
- Communication skills to engage now
- Behavior tools you can use today
- How to develop a meditation practice
- The myth of co-dependency
- The critical skill of self-compassion
- Nutritional support for mind and body

Each weekly session will run for an hour and 15 minutes and you will receive supplementary course information (including worksheets to track your progress) and access to a private Facebook group where I will share information in-between classes to support your healing.

The next live course starts on November 1, 2020, 6:30 -7:45pm EST. Register now and take advantage of Early Bird pricing.

<https://mindsatpeace.net/register-1/empowering-families>