



Helping Families to Heal Workshop

Do you have a loved one recovering from drug or alcohol addiction?

It's important to understand that the individual recovering from drug or alcohol dependency is not the only person who has been effected by his or her disease. Families are the hidden victims of addiction. In order for the family to heal, every member must be included in treatment. So often, however, the family is not involved in the recovery process. As a result, sobriety for the addict can be negatively effected.

The **Helping Families to Heal workshop** will give your family the tools it needs for sustained recovery and healing. Here's the agenda:

- Gaining a new understanding of addiction and what your role has been in enabling the addict
- Setting healthy boundaries
- Letting go of shame and guilt
- Learning how to forgive in order to move past the pain and allow your family to heal
- Having realistic expectations from recovery and understanding relapse
- Tapping into your inner strength
- Learning to reach out for help
- Creating an individualized aftercare program

What makes this workshop unique?

Unlike most programs that are facilitated by counselors, or other experts in the field, this workshop is offered by true survivors of addiction. The tools that you'll learn are the same tools that saved their family. They are now passionate about helping other families to heal. This program is not just about moving past addiction, but much more about moving toward a promising and exciting future. There is hope for your family! There is life after addiction!

Your facilitators:



Dean and Lisa Espich live in Tucson, Arizona. After nearly two decades of living through the turbulence of an addictive relationship, Lisa created a plan to gain back control of her life. She discovered, through the process of making her own improvements, that Dean began to make positive changes of his own. Eventually, he admitted himself into treatment, and they are now enjoying a healthy marriage.

Dean runs his own successful millwork business. Once consumed by his addiction to alcohol, crack cocaine, and prescription pills of all kinds, he is now clean and sober, and has a new outlook on life. He loves living in Tucson and spends as much time as he can outdoors; golfing, hiking, and enjoying the beautiful weather of Arizona.

Lisa is a manager and coach for a Fortune 500 company. She is also the author of, *Soaring Above Co-Addiction*. In this, her debut book, she shares the positive changes that helped to save her marriage and family.

If you are interested in attending the Helping Families to Heal workshop send an email to info@soaringabovecoaddiction.com.