



Supporting the Supporters:

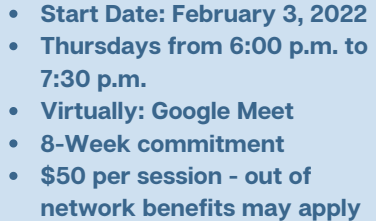
A Support Group for Individuals Navigating a Loved One's Addiction



If you are a concerned family member or partner of a loved one in recovery, I invite you to this warm and judgement-free virtual group where you can gain support from others and learn tools to help you prioritize your own well-being.

Topics Include:

- Setting Boundaries
 - Self-Care & Coping Skills
 - Addiction Psychoeducation
 - The Importance of Social Support
 - Navigating Relapses
 - Identifying Co-dependency
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- **Start Date: February 3, 2022**
 - **Thursdays from 6:00 p.m. to 7:30 p.m.**
 - **Virtually: Google Meet**
 - **8-Week commitment**
 - **\$50 per session - out of network benefits may apply**

Facilitator: Shannon Gunter, LMSW



Shannon has over five years of experience in the addiction field working with affected individuals and families. She understands how addiction impacts a loved one on a personal level, and is committed to fostering a safe space where the "supporters" can come together to connect and share advice.

TO REGISTER, PLEASE CONTACT: SHANNON@NYCCOUNSELING.COM