



SUPPORT & SKILLS

A group for family members affected by addiction

Do you have a family member who struggles with behavioral or substance addiction? **We know how hard that can be.**

This 8-week group offers skills and support for coping with difficult situations. You will learn how mindfulness can bring greater awareness to patterns that play out over and over again, as well as skills for setting healthy boundaries and addressing those patterns using non-violent communication. Come and learn how to break out of the cycle of frustration and move towards greater awareness and self-compassion.

Tuesdays from 5:00 - 6:30 pm | January 9 - March 6, 2018

5277 Manhattan Circle, Suite 250, Boulder, CO

Investment: \$50 per session, payable at start of each month



About the Facilitator: Becky Howie, MA, is an experienced group facilitator who has worked with addictions for over 3 years, and mindfulness for over 8 years. She has a masters degree in counseling from Naropa University where she learned how to integrate her personal mindfulness practice into her clinical work with clients to increase the benefits of therapy.



For more info or to enroll call (720) 389-8750 or info@simcounseling.com