

Recovering Hope

Using the 12 Steps to Find Healing when You've Lost a Loved One to Addiction

For those who have lost a loved one to the disease of alcoholism or addiction, the thought that there ever may be healing feels difficult to grasp. This type of loss brings a complicated grief, sometimes with an overwhelming sense of guilt and a confusing contradiction of emotions. It is difficult to know where to turn for support.

This monthly meeting will offer support through the use of the tools found in 12 Step recovery. Each month will offer a different topic.

7th Tradition

Every 2nd Wednesday

SCHEDULE

7:00pm - 8:30pm

WHERE

The Retreat through myRecovery.com

“The reality is that you will grieve forever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to.”

Elizabeth Kübler-Ross

MEETING FACILITATORS

HOLLI R. AND JAY R. are in long-term recovery, Holli in AA and Jay in Al-Anon. Together they have experience teaching, facilitating, and the gift of being with people at a heart level.

In 2006, Jay and Holli lost their beautiful daughter, Jenna, to an overdose. Through their individual recovery journeys, and other grief support, they found a way to walk through their extremely difficult losses toward healing and hope, and openly share their experiences with others.

FOR MORE INFORMATION ABOUT THESE TOPICS
OR THIS MEETING IN GENERAL, CONTACT

Jen or Sherry @ 952.476.0566

TheRetreat.org