



YOU'RE INVITED

FREE, VIRTUAL
LUNCH AND LEARN
VIA ZOOM
AUGUST 15, 2023

1 CEU FOR LADC,
LPC/LPCC

*You bring the lunch,
we'll bring the learning!*

PRESENTATION
12:00 PM – 1:00 PM

LOCATION
Virtual

LINK
Zoom link available
upon registration

A FAMILY PROBLEM REQUIRES A FAMILY SOLUTION:

*How families are affected by
addiction, and what to do about it*

When a loved one struggles with addiction, families tend to focus their energy and attention on getting that person well. Most believe that if their loved one finds help, then everyone else will be okay. Many family members can see the negative impact and consequences of addiction on their loved ones but find it difficult to see the depth of how they've been affected. If families aren't getting support for themselves, the fear that they've had about their loved one finding recovery often becomes fear about whether their loved one will maintain it. Without an understanding of this disease, families often end up reacting as they did when their loved one was still in active addiction. This session will look at how families are affected by the disease of addiction, and how to overcome the obstacles that stand in the way of families finding support for themselves.

LEARNING OBJECTIVES

This program is designed to help attendees:

1. Discuss obstacles to family recovery found in the addiction recovery field
2. Describe the similar symptoms of addiction that families experience, as well as their loved ones
3. Report and collaborate on resources available to family members who have a loved one who struggles with addiction



PRESENTER:
SHERRY GAUGLER-STEWART
Director of Family and Spiritual
Recovery, The Retreat in
Wayzata, MN

Sherry Gaugler-Stewart is the Director of Family and Spiritual Recovery at The Retreat in Wayzata, MN. She has worked with The Retreat's Family Program since its inception in 2005. Sherry is a certified Spiritual Director, a certified Structured Family Recovery® Counselor, a Nationally Certified Family Recovery Coach, and has been an active participant in 12 Step family recovery since 1999. In addition to her work at with families, she has led spiritual retreats and workshops internationally, and is a meditation teacher. She speaks on the topic of family recovery regionally and nationally, as well as contributes to blogs and publications. She also oversees Kids CAMP at The Retreat, a program for children aged 7 - 12 years who are growing up in families impacted by someone's addiction.

REGISTER

<https://www.eventbrite.com/e/a-family-problem-requires-a-family-solution-tickets-665592153047?aff=oddtcreator>

NUWAY
Alliance

© NUWAY®, Cochran, The Gables,
NUWAY Recovery Foundation