

Hearts Healing

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CATC I



"I am not what
happened to me,
I am what
I choose
to become"

~Carl Jung

DRUG and ALCOHOL COUNSELING

For
Individuals
Couples
Families

Sessions are held via zoom or
outdoors in a natural setting

Ongoing, weekly
Family and Friends support
groups

~ Support for loved ones
dealing with the impacts of
addiction

~Compassionate interventions

~ Support for those wanting to
address their own addiction

Please reach out. You are
not alone

WWW.HEARTSHEALING.LOVE

CATC I #2110880 | exp. 3.04.23

In response to a service that is
greatly needed in our community

FRIENDS and FAMILY SUPPORT GROUP

A circle for people wanting support around their loved
one's addiction, recovery and their own healing

MONDAY EVENING 6:30–7:30 (In person)

Located at: PURA VIDA RECOVERY SERVICES
130 Stony Point Rd., Suite J, Santa Rosa

TUESDAY EVENING 7:00–8:00 (online– zoom)
(weekly email invite only– see contact below)

Family & Friends Group is a weekly, ongoing group for
adults and youth 16 years and older. Participants are
provided a supportive environment and an opportunity to
share with others, create connections and begin their own
healing.

Suggested Donation– \$5/person
(No one turned away for lack of funds)

We explore issues:

- ~Co-Dependency
- ~Enabling/Support
- ~Self Care
- ~Connection/Boundaries

Share Information:

- ~Local resources
- ~Educational materials
- ~Shared Experiences
- ~Reading materials

For more information contact:

