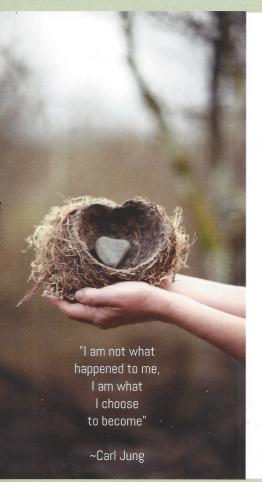
Hearts Healing

Michelle Montalbano 707.687.9587

CATCI



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

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: <u>PURA VIDA RECOVERY SERVICES</u> 130 Stony Point Rd., Suite J, Santa Rosa

<u>TUESDAY EVENING</u> 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:

