

We've tried everything!

Do you, or someone you know, have a family member who is experiencing substance use or addiction issues... and just don't know what else you can do?



You can join **SR Training** for our two-evening session interactive workshop designed for families and friends who want to:

- Better understand addiction and their loved one's behaviours
- Find support and be able to share concerns without judgment
- Learn recovery-focused, compassionate communication styles
- Be able to develop and set clear and respectful boundaries
- Access an ongoing drop-in support group specifically for families

HEALING TOGETHER

Supporting a Loved One on Their Journey to Recovery

Workshops are the first and second Thursdays of every month, from 5:30 pm - 8:30 pm

Week 1: Understanding Addiction and Addressing Behaviours

Week 2: Compassionate Communication and Recovery Options

Workshop fee: \$70 *

(includes both sessions light refreshments provided)

** If affordability is a concern, contact any social service agency that you are associated with, and have them contact SR Training to see how they can refer you for "NO-COST" participation.*

Available Sessions:

- December 4 and 11, 2025
- January 8 and 15, 2026
- February 5 and 12, 2026
- March 5 and 12, 2026



SR training

Sara Riel
Foundation
Mental Health & Addictions

More info at: <https://sarariel.ca/courses/healing-together/>

or contact Dave Stewart, Director of Education and Training at dstewart@sarariel.ca or call 204-330-6757