



# Family Empowerment

**Saturdays, 2:30 - 3:30 pm**

Room #132

April 9 - **Defining Addiction & Co-occurring Disorders**

April 16 - **Codependency & Family Roles**

April 23 - **Boundaries & Acceptance**

May 14 - **Denial & Defense Mechanisms**

May 21 - **Self-care & Mindfulness**

May 28 - **Community Resources & Wrap-Up**



Open to the community.

**Contact Greg Carbins  
573-875-8880 x 2123  
for details**

*For family & friends whose lives have been impacted by a loved one's drugs or alcohol use.*



**What Affects 1 - Effects All**



**A place of Hope, Help and Healing for Individuals, for Families, for over 40 Years.**

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