



Couples and Addiction Recovery: Restoring Hope in Your Relationship

- What:** An interactive group aimed at couples in recovery from drugs and/or alcohol. Materials will be used from the *Couples and Addiction Recovery* curriculum from the Gottman Institute. Anticipated group outcomes include:
- A brief overview of addiction and its effect on relationships
 - Improve conflict management skills
 - Heal from the aftermath of addiction
 - Move toward wellness as individuals and as a couple
- Who:** This group is primarily for couples in recovery from a substance use disorder (addiction to drugs or alcohol). This is *not* primarily intended for couples that struggle with process disorders (pornography, gambling, etc.) Please call us at (208) 378-0014 if you have questions about this.
- When:** 5:30 to 7 p.m. Thursdays, July 8 to August 19, 2021 (no class on July 29)
- Where:** In-person at The Counseling Center at Tree City Church,
3854 N. Eagle Rd., Boise, ID 83713
- Cost:** \$200 - Early Bird Registration by June 15, 2021
\$250 - Registration after June 16, 2021, space permitting
Registration is limited to 6 couples. Reserve your spot by calling (208) 378-0014. Payment is due at time of registration.

This program is facilitated by Monique Barber, MS, LPC, NCC, with Joshua Elledge, Master's Counseling Intern.

<https://www.treecitycounselorsboise.com>
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