



BALM®

Be A Loving Mirror Family Recovery 8 Week Course

For Families Affected By Another's Substance Use Disorder/Addiction

Do you feel alone? Are you exhausted?

Are you full of fear? Is your life chaotic?

Do you feel the need to control and fix?

Are you obsessed with what your loved one is doing 24/7?

Do you find yourself blaming, shaming, yelling, begging and judging?

BALM® Will Show You How To:

- Regain your inner peace & calm
- Start enjoying your life regardless of loved ones choices
- Stop trying to fix someone else's life
- Contribute to their recovery rather than to their addiction
- Drop the anger & judgment you've been holding onto
- Set and stick to boundaries and use leverage effectively
- Stop obsessing about your loved ones use disorder
- Let go of results and outcomes
- Respond rather than react
- Find your voice and the right words to communicate lovingly, without blame, anger or judgment
- Learn the Be A Loving Mirror Secrets for a sane & joyful life

YOU CAN BE YOUR LOVED ONE'S BEST CHANCE AT RECOVERY!

**FREE course starting Monday evening March 15th from 5:45-8:15pm at
CenClear in the Recovery Ctr, 60 Industrial Park Rd, Clearfield, PA
Call Stacey Karchner, BALM Family Recovery Life Coach
(814)360-7590**

"As long as there is life, there is hope"