



HOPE FOR THE HOLIDAYS:

LOVING SOMEONE WITH A SUBSTANCE USE DISORDER/ADDICTION

Tuesdays 5:30-6:30pm

November 14 • November 28

December 5 • December 12

\$75 per session/4 session commitment

***Preregistration required**

The winter holiday season can be stressful in the best of circumstances. When we love someone who struggles with a substance use disorder, it can feel even more overwhelming.

We may have questions with uncertain answers such as:

Do we serve alcohol at our family gatherings, how can I support my loved one without enabling their addiction, or how can I possibly take care of myself when I'm focused on them?

Join us for a 4 week group tailored to the needs of those who love someone with a substance use disorder or addiction.

Topics will include:

- Learning how to identify what you need to best support your loved ones
 - boundaries and control
- creating a culture of recovery-what is it and why would I want that?

**For more information, please contact Catherine at:
(770) 843-6311 or catherinebaerlpc@gmail.com**



**Catherine Baer
MS, MS, LPC**

Catherine Baer is a Licensed Professional Counselor with over 25 years of experience working in the field of addiction treatment and co-occurring disorders. Creating spaces for people to get help and support is her passion. She has worked in all levels of care and in various roles, including Case Manager, Clinical Director, and Executive Director. She currently works with individuals, couples, families and groups, and conducts workshops in the community. Catherine is known for her direct, yet nurturing, style and uses present-moment awareness and experiential techniques as healing tools.

Prior to becoming a therapist, Catherine worked in both Industrial/Organizational and Health Psychology. She lives in Atlanta with her husband and their youngest child who is getting ready to graduate high school. She's currently preparing for this upcoming new chapter of life by learning a new language on Duolingo!



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