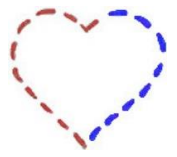


BALM®



**Be A Loving Mirror Family Recovery
FREE 8 Week Course**

**For Those 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 one's 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

**This FREE 8-week transformational course is offered by
Susquehanna Valley Mediation to all Snyder & Union County
residents. The classes begin August 20, 2024 and are held every
Tuesday 5:45-8pm at the Union County Resource Ctr, 480 Hafer Rd,
Lewisburg. To enroll call Stacey Karchner, at (814)360-7590.**

