

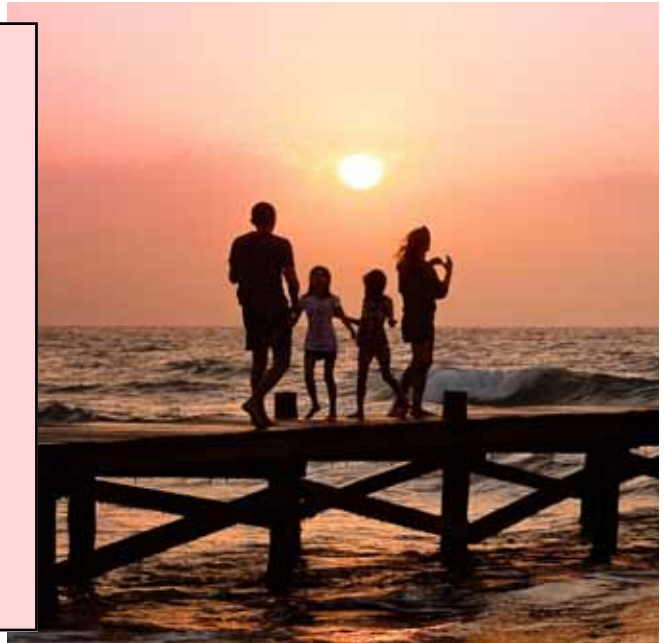


# Sustaining Balance in Recovery

Saturday, September 21  
9:00am to 3:00pm

## Addressing Challenges of Alcoholic & Addictive Families

with Peter McGoey, MA, LMFT



Family members engaged in recovery often hear conflicting phrases like “set healthy boundaries - be of service - take care of yourself - learn to say No - never say No”. This workshop will address how to live a balanced life with these concepts. Prayer and meditation as discussed in Step 11 will be practiced as a path towards balance. Anyone affected by addiction or alcoholism is welcome, including those in Alanon, Nar-Anon, ACA or any 12 step program.

Peter McGoey MA, LMFT has been a counselor in the Recovery Field for over 38 years. He has worked with families and individuals challenged by alcoholism and addictions. He has led 12 step oriented retreats for several years.

Cost: \$50 Lunch included.

For information or to register call Marlene at 310.377.4867 x234 or email [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org)

Please see website or Program Guide for Cancellation Policy.

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“SustainingBalance in Recovery” Peter F. McGoey, MA, LMFT, Saturday, Sept. 21, 2019

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Cost: \$50 Lunch included.