



Counseling Colorado, PLLC
Lauren Hughes, MA, LPC, NCC, LAC
www.counseling-colorado.com
lauren@counseling-colorado.com
4770 East Iliff Avenue, Suite 109
Denver, CO 80222
720-336-0030

Providing high quality counseling services to children, adolescents, adults, couples and families in the Denver Metro Area.

We are happy to announce our ***Family Recovery Group***. This is a process group specifically designed for family members, 18 and older who need to ***process*** their feelings about the difficulties of having a loved one who struggles with chemical dependency.

This ten part series addresses issues of:

- **The Disease of Addiction**
- **Co-Dependency**
- **Setting Healthy Boundaries**
- **Enabling**
- **Shame and Guilt**
- **Anger and Resentment**
- **Grief and Loss**
- **Trust Issues**
- **Communication Skills**
- **Self-Care and Coping with the “New Normal.”**

Our trained professionals have a vast level of knowledge and expertise in the field of addiction and family counseling. Space is limited. *Sign up today to get started on your own recovery.*

Family Recovery Group
only \$25 per person, per session
(discount provided for any group member who attends all ten sessions)
held every Wednesday, 10:00 -11:00 AM or 6:00 - 7:00 PM

Call to inquire if this group is right for you.
720-336-0030

Facilitated By: Lauren Hughes, MA, LPP, NCC, DBA Counseling Colorado, PLLC

This group may not be appropriate for everyone. The facilitators reserve the right to select group members.