

# 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, exhausted, afraid, the need to fix?  
Are you obsessed with what your loved one is doing 24/7 due to their  
substance use? Do you find yourself blaming, shaming, yelling, begging  
and judging?*

Classes begin Jan. 14, 2025 and are held every Tuesday 5:45 - 8 P.M. via Zoom  
To register call Stacey Karchner at (814) 360-7590

## 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

BALM is a FREE 8-Week transformational course offered by Susquehanna Valley Mediation to all Snyder and Union County residents.