

ADDICTION RECOVERY FOR COUPLES

A Roadmap for the Journey is a new, research-based couples workshop designed to address the challenges unique to relationships impacted by addiction and recovery. Whether one or both of you are recovering from alcohol, drugs, and/or behavioral addictions, this workshop will help strengthen your Couples Recovery through integrating and balancing Relationship Needs with Recovery Needs. You will receive information, tools, and support to learn how to effectively manage conflict, build greater connection, generate stability, and create a supportive and sustainable relationship. Includes 2 manuals with exercises to work on at home & Recovery Card Deck Set.

This workshop is not appropriate for couples where there is active addiction

When: October 12-13, 2019

**Where: Painters Hall
6770 E. Marginal Way South
Building E
Seattle, WA 98108**

Material: Recovery Tool Kit Box can be purchased for \$75.00. Scholarships available through the WSLC

What to Expect

- Tools for communication
- A map for couple & family recovery
- Research-based approaches specifically designed for recovering couples

Registration Information

RSVP to Willa Kamakahi at the Washington State Labor Council via email: wkamakahi@wslc.org

NO COST TO REGISTER FOR UNION MEMBERS



A ROADMAP FOR THE JOURNEY



Dr. Robert Navarra, LMFT, MAC, is a Licensed Marriage and Family Therapist, researcher, and author, and popular presenter specializing in couples and addiction recovery. He is a Certified Gottman Therapist and Master trainer and Certified as a Master Addiction Counselor. Dr. Navarra developed the Couple Recovery Development Approach, a relational model of addiction assessment and treatment based on his published research. He designed and created *Roadmap for the Journey* for couples and *Couples and Addiction Recovery* training for professionals nationally and internationally.

Sponsored by:



**Washington State
Council of Fire Fighters**



opeiu8/afl-cio