



Peace for Moms

Help & Healing for the Moms of Struggling Youths
www.PeaceForMoms.com



The BALM[®] Family Recovery Program

Where Families Learn to Help Themselves *and* their Struggling Loved Ones

Call 1-514-898-1220 to Enrol or visit www.PeaceForMoms.com

Trouble with Addiction in the Family?

We are here to help you help them!

We welcome the opportunity to educate families, so they can become true partners in helping the treatment centre turn the tide from chaos to recovery in their family.

Families who go through The BALM[®] Program often find they are able to get their own lives back, able to contribute consistently to their loved one's recovery, able to powerfully partner with their loved one's treatment providers, thus serving as true advocates of their loved one's recovery.

The BALM[®] method teaches families how to engage their loved ones in evidence based brief interventions that can encourage loved ones to enter and commit to recovery more quickly. Long term changes in family behavior can also help a loved one avert or shorten slips and relapses.

To schedule a complimentary consultation or to enrol, please contact Tamara Scullion at:

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Who Do We Serve?

The families of people with Substance Use Disorder (SUD) and other Use Disorders individually or through the treatment professionals working with them and/or their loved ones.

What Do We Do?

We provide the **one-year** BALM® Family Recovery Program using the Be A Loving Mirror (BALM®) Method of Family Recovery. This Powerful Educational Program includes instruction and practice in the “Be A Loving Mirror” method, which increases the family member’s inner peace and allows for improved communication that often leads a loved one to choose recovery.

Why Families?

The research shows that when the family gets help, the struggling loved one has a much greater chance of attaining and maintaining recovery. Yet, many families stay in denial and keep enabling, becoming a thorn in the side of their loved one’s recovery professionals rather than the true partners and advocates they could be.

What Is Included?

This comprehensive program is delivered through **one full year** of full online access to the Family Recovery Academy Community for a Family of four.

Information:

- Twice Weekly LIVE Zoom Video online interviews with experts in addiction/recovery, recovering family members, or recovering individuals.

- Weekly lessons focused on one of the 12 Principles (Day and Night Classes)
- 24/7 access to over 400 hours of recorded lessons and interviews with experts, family members and people in recovery
- Almost 400 handouts, 1 Workbook, Blogs and Weekly Newsletter

Transformation:

- Intimate 8-week *7 Steps to BALM®* Course held LIVE on Zoom Video conferencing, empowers family members to achieve inner peace and develop powerful communication skills with their loved ones. (Day and Night Classes)
- You may take classes as many times as you like over the course of the year.
- A buddy to practice the 7 steps with in between classes

Support:

- Twice weekly, LIVE Zoom conferencing, coaching/support group (Day & Night times)
- Weekly Journal Your Way to BALM® Recovery Workshop LIVE on Zoom
- Weekly BALM® Meditation on the 12 Principles – One Principle per week
- Complimentary coaching session with a BALM® coach
- Weekly Call List & News Letter eMailed