

# 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: December 14-15, 2019**

**Where: UFCW 21  
Joe Crump Hall  
5030 1st Ave S  
Seattle, WA 98134**

**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](mailto: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.

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