



INSITE

YOUR KEY TO SELF DISCOVERY

WITH PROGRAM FACILITATORS:

Deb Broessler, Jim Edwards, and Merlene Sibley (l-r)

INSITE is a facilitated group experience designed to provide individuals with a unique opportunity to understand the profound influence of addiction and mental health on the entire family system. The primary objective of INSITE is to empower participants by fostering awareness of the impact on themselves and exploring the behavioral patterns that may emerge in response. Moreover, individuals will be equipped with a diverse set of tools to effectively facilitate and support their personal journey to recovery. Research consistently demonstrates that when family members actively engage in the recovery process, it significantly enhances positive outcomes for their loved ones.

INSITE is designed to help participants restore a relationship with self and to achieve the life of wholeness and authenticity they seek. Participants will address a variety of topics through presentations, facilitated work groups, and small group activities.

Topics addressed include:

- The generational impact of family relationships
- Codependency
- Communication and connection
- Setting healthy boundaries
- Mindfulness (living in the present moment)
- Self-care
- Exploring your recovery

The cost of INSITE is \$973.00 including GST, which covers accommodations, program materials, meals, and snacks.

PROGRAM DATE : MAY 8 - 12, 2024

LOCATION : BETHLEHEM CENTRE - 2371 ARBOT ROAD, NANAIMO, BC

Program Outline

Wednesday: Check in 3:00 PM - 4:00 PM

Dinner at 5:30 PM

**Welcome reception following dinner*

Thursday - Saturday : 9:00 AM - 5:00 PM

Sunday : 9:00 AM - 1:00 PM

**Optional evening activities Thursday and Friday*

**FOR MORE PROGRAM INFORMATION OR REGISTRATION TO INSITE,
PLEASE CONTACT MERLENE OR DEB AT EDGEWOOD FAMILY PROGRAMS**

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