

Family Support for Addiction Recovery

This weekly circle is for family members and loved ones navigating the complexities of addiction. You don't have to carry the weight alone. In this space, we come together not to fix—but to understand, support and grow stronger.



**Led by trained therapists
who are here to guide.**

What to Expect?

- A space to share stories, ask questions, or simply listen
- Light grounding to help you arrive and feel present
- Real talk about boundaries, communication, and self-care
- Mutual support, no advice giving, just understanding
- A closing thought or reflection to carry forward




**At Samarpan,
Churchgate, Mumbai**



*Enjoy tea, coffee
after the session!*

Who Can Attend?

- Adults (18+) who have a family member, partner, or close loved one dealing with addiction or in recovery
- Anyone feeling overwhelmed, isolated, or emotionally burdened by a loved one's addiction.
- No prior group experience needed, just come as you are



**Every
Thursday,
6pm to 7:30pm**

Register for free at  +91 91360 32440