

# H.E.A.L.E.R.

## *Help Empower A Loved-one Enter Recovery*

This ongoing skill building class for Boston Medical Center employees will teach effective and respectful behavioral and motivational strategies for interacting with loved ones with substance use disorders.

Unlike traditional approaches, this proven approach avoids detachment and confrontations with your loved ones.

**The goal of the group is to:**

- encourage your loved one to decrease or stop their substance use
- help move your loved one toward treatment
- take care of your own physical and mental health

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*Drop in sessions are available every*

***DAY, TIME, LOCATION***

*New techniques will be taught in each session,  
so please attend as often as you'd like.*