

UNDERSTANDING ADDICTION

FREE

PSYCHO-EDUCATIONAL SERIES

Join us for this **FREE** lunch hour virtual 4 part series aimed to help you understand, connect with, and support family members and loved ones suffering from addiction – substance use (drugs and alcohol) and behavioral (gambling, internet, food, money, work, romantic relationships, and sex).

#1: OVERVIEW OF ADDICTION

12 – 12:45PM | TUESDAY 6/21 OR THURSDAY 6/30

What exactly is addiction and how does it differ from a habit? What are the different types of addiction and what other mental health issues often occur with addiction?

#2: HOW ADDICTION IMPACTS THE INDIVIDUAL

12 – 12:45PM | TUESDAY 6/28 OR THURSDAY 7/7

Understand how addiction manifests in: 1) the brain, 2) thoughts, feelings and behaviors, and 3) families. Gain insight into cyclical nature of addiction and relapse.

#3: SUPPORTING SOMEONE WITH ADDICTION & SELF-CARE

12 – 12:45PM | TUESDAY 7/5 OR THURSDAY 7/14

Learn about self-care strategies, communication tips, creating boundaries, and how to approach holidays.

#4: NAVIGATING TREATMENT OPTIONS

12 – 12:45PM | TUESDAY 7/12 OR THURSDAY 7/21

Understanding the different levels of treatment options available when seeking support for addiction and recovery and what to expect.

HOW TO REGISTER:

We welcome you to attend individual or multiple sessions, sign up at peachtreepsychology.com/addiction-series or call **678-381-1687**



peachtreepsychology.com



Jonni Mahr (she/her)

Counselor
MS, BFA, BA

Jonni holds a master's degree in Clinical Mental Health Counseling from Mercer University as well as bachelor's degrees in English and Fine Arts from The University of Georgia. She is extensively trained in substance abuse treatment and is pursuing licensure in Georgia under the supervision of Susan Keenan.



Bronwyn Excell (she/her)

Graduate Clinical Counseling Intern
BA, 3rd year Master's Student

Bronwyn is a counseling intern working towards her Master of Science in Counseling degree at the University of North Georgia, the only institution in Georgia with a master's track focused on addictions counseling. She is supervised by Susan Keenan and will become a licensed professional counselor upon graduating in 2023.