



**SERNA SOLUTIONS**  
Counseling • Coaching • Consulting



**Family  
Empowerment  
Project**

# SKILLS FOR SUPPORTING A LOVED ONE WITH ADDICTION

**GENTLE GUIDANCE AND SUPPORTIVE  
SPACES FOR FAMILIES AND CAREGIVERS.**

## About Our Groups!

Our groups run in ~9-week cycles, meet virtually on Zoom for your convenience, and we accept most insurance plans. If you're looking for guidance, connection, and a community that understands, we're here to help.

**JOIN NOW!**



## Groups Available

### **Power to the Parents** ◀

A supportive group for parents and caregivers of young adults (under 24) navigating addiction.

### **Family Empowerment** ◀

A space for partners, parents, and loved ones supporting someone 24 years and older.

### **Intensive Outpatient Programming (IOP)** ◀

Compassionate, structured treatment for adults (18+) working toward recovery.



Contact us  
(505)305-4949

Website  
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