

THE VESTA APPROACH

VESTA RECOVERY

Duration	6 weeks (further sessions optional)
Delivery	Online using Zoom
Who is the programme for?	Family members and partners who are living with a loved one's drug and alcohol use where they have commenced their own recovery. I will help you: • Support yourself and your family to recover • Reduce stress • Live a better life

What to expect

Your programme will be tailored to your needs. After an initial discussion, we will agree the key areas you would like to explore in your sessions.

1. All about you
2. Understanding substance use and recovery
3. Social support
4. Positive communication
5. Dealing with change and resilience
6. Learning strategies to cope
7. Supporting recovery
8. Living your life and self-care
9. Helping children understand
10. Moving on

How we work together

This programme will improve the well-being of family members living with a loved one who is recovering from drug or alcohol use and know how to support them through their recovery.

I will provide you with a discreet, personalised, friendly and professional service with effective support and guidance. I am registered with the Federation of Drug and Alcohol Professionals and have over fifteen years experience in supporting family recovery.

Victoria Seed

info@vestaapproach.co.uk
www.vestaapproach.co.uk
Tel: 07984 837302