



Save the Michaels of the World

House of Hope and Community Resources

FAMILY RECOVERY EDUCATION EVENINGS

11 Summer St.
Buffalo, NY 14209
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In partnership with Save the Michaels of the World, Karen Knab, LMFT will be offering four Family Recovery Education talks to help family members begin to understand more about how addiction affects families, as well as how to begin the process of family recovery. Each talk stands independently. A \$10 donation is requested but no one will be turned away.

Monday, February 13, 2017 7-8:30pm

Addiction is a Family Disease

When addiction is present in a family, many people think that when the alcohol or drug use stops, all the family problems will be fixed. Unfortunately that is not the case. All members of a family are affected when a loved one is addicted. Learn what to expect, and what not to expect, when your loved one gets sober.

Monday, February 27, 2017 7-8:30pm

Family Communication Skills

Many times, families with addiction report having difficulties with communication. Unhealthy communication can result in miscommunication, unresolved conflicts, and disconnected relationships. Learn about the four main styles of communication, and learn new skills to make your communication style even more effective.

Monday, March 27, 2017 7-8:30pm

Relapse Prevention

When someone gets sober, is relapse inevitable? What are some signs and symptoms of relapse? Learn some common thoughts, feelings, and behaviors that can identify a relapse long before the actual use.

Monday, April 10, 2017 7-8:30pm

Maintaining Recovery

How does someone start the process of recovery? And more importantly, what does it take to maintain long term recovery? Learn about the steps that successful recovering people and their families take in order to maintain recovery.



Karen Knab, LMFT is a licensed marriage and family therapist specializing in helping families with addiction begin and maintain their own recovery. She has worked with addicts and their families since 2005, starting her career at the Hazelden Foundation, and currently see families, couples and individuals in her private practice in Buffalo, NY. Karen is a graduate of the University of Rochester and holds a master's degree in Counseling Psychology from the University of St. Thomas in Minneapolis, MN. She is collaborative and straightforward in her approach, working with families to help them navigate the challenges and experience the benefits of family recovery from addiction.

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