



## RECOVERY COMMUNITY WORKSHOP

*This Workshop is for both men and women. It is free and open to all alumni, friends, family, and community members.*

**Join us in Raleigh, NC**

**June 24, 2019 • 6:30pm to 8pm**  
**The Woman's Club**  
**at 3300 Woman's Club Dr, Raleigh, NC 27612**

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### Repairing Relationship Traumas

This Workshop is for both men and women. Repairing relationships in Recovery can be a challenging and rewarding process.

We carry emotional, mental, physical, social and/or spiritual damage from our past with us (knowingly and unknowingly) into adulthood and relationships. When we are unaware of or ignore the unhealed parts of us, the impacts of trauma will continue to resurface and affect our ability to connect and build intimacy.

In Recovery, the unhealed parts of our self and our relationships must be repaired and rebuilt. But, we often, don't know HOW to LOVE our self or others in a mature, healthy, wholehearted, fulfilling way--even though we deeply want it. We are so used to the "old" way of having a relationship that the "new" way can be frightening, ANXIETY producing, and overwhelming.

If knowing how to repair the damage in your relationship is scary or challenging for you, you are **NOT ALONE** and you're invited to participate in this FREE 90-min, experiential workshop on Repairing Relationship Trauma – Learning How to Love/ReLove and Trust/ReTrust in Recovery.

By participating in and committing to this non-judgmental, interactive, introductory class, you will learn:

- What exactly is a relationship trauma?
- The hopes and challenges that come with repairing relationship trauma.
- The 3 different styles of relationship and the impact these have on repairing and building yours.
- How and why your brain will "hijack" (flight, fight or freeze) your attempts to repair your relationship and what to do about it.
- 3 tools that you can use immediately to become more effective in repairing your relationship(s).
- How to build better communication and connection with your loved ones.
- 3 skills to practice that will calm your anxiety and fear when building and repairing relationships.

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### Presented by Paige Armstrong, MSW, LCSW

Paige Armstrong, MSW, LCSW, has over 15 years of international and national clinical, program development, and management experience. She has served as psychotherapist, coach, educator and speaker across small to mid- size companies. Over the course of her career, she has successfully fostered personal growth and development, and recovery for a diversity of populations – at-risk youth, Fortune 500 CEOs, professional athletes, veterans, and high achievers.

