

HARMONY FOUNDATION

# VIRTUAL FAMILY PROGRAM



## Weekly Virtual Family Meeting Wednesday 6-7:30pm MST

### HOW TO ATTEND

#### Smartphone

Download the free Zoom app and enter the Meeting ID and password.

#### Computer

Go to [zoom.us](https://zoom.us) in your browser and click Join Meeting to enter the Zoom ID and password.

#### Meeting ID and Password

**Zoom ID: 950 9783 0013**

**Password: Family**

#### Additional Meetings

To setup additional Virtual Family Meetings, please contact:

Karen Cramer

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[harmonyfoundationinc.com](https://harmonyfoundationinc.com)



### HEALING TOGETHER

At Harmony, we are committed to the healing of both our clients and their families. The healing of one facilitates the healing of the other. By overcoming the hurt and resentment and restoring relationships through courageous and compassionate communication, families are able to move forward in recovery.

Our weekly virtual meetings are a peer driven model allowing families from with all spectrums of recovery to come together to discuss issues like, boundaries, self-care, co-dependency, enabling, trust and communication. Any family member or loved one of a Harmony alumni is invited to participate in this free online peer led support group.

A Harmony staff member will facilitate the group of fellow Harmony family members and loved ones to offer support and guidance.