

Healing Families in Recovery

April 9, 2025

1:30-3:00pm MDT

This session will provide awareness of how families are affected by addiction, and steps we can take to support ourselves and loved ones in healing our families.



Learning Outcomes:

- Awareness
- Boundaries
- Utilizing the Medicine Wheel
- 12 steps of recovery & community supports

Speakers:

Karen MacKay, a proud Mi'kmaq First Nations Member, and has been with Sunrise Healing Lodge since 2015 initially as an Addiction Counsellor, and has now been in her current role as the Family Counselling Program Coordinator for the past 5.5 years. Karen is also a member of Calgary Case Management Table for Calgary Indigenous Court since 2019 and a member of steering committee for 2019 Honoring our Voices MMIW conference Calgary. She actively engages in the community representing Sunrise at numerous Health Fairs, and delivers community presentations on Indigenous History, Indigenous Awareness and cultural teachings to community partners.



Target Audience: Anyone who struggles or wants to support someone with an addiction

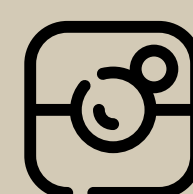
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