

Mahalo Wellness and JP&U Counseling

THE GATHERING ROOM

A Community Support Network for Healing, Learning, and Connection

August Community Series In recognition of Overdose Awareness Month

Two evenings. One community. Countless opportunities to learn, connect, and save lives.



August 12th: Understanding Addiction: A Community Conversation - There is no single face of addiction, and no family is untouched by its reach.

This welcoming community conversation is designed for anyone who would like to better understand substance use, recovery, and the ways we can support one another with compassion rather than judgment. Whether you're personally affected, supporting someone you love, work in healthcare, or simply want to become a more informed member of our community, you are warmly invited.

Together we'll explore:

- Understanding addiction as a chronic health condition
- Recognizing warning signs of substance use
- Risk factors for overdose
- Current drug trends affecting our community
- Naloxone (Narcan): what it is, how it works, and why it saves lives
- Florida's Good Samaritan protections
- Supporting someone without enabling
- Having difficult conversations with compassion
- Local resources and pathways to recovery
- How every member of the community can reduce stigma and become part of the solution

We'll leave time for questions, discussion, and shared conversation in a respectful, judgment-free environment.

August 25th: Holding Hope Together - Overdose, addiction, and recovery affect far more people than we often realize.

Whether you have lost someone you love, are supporting a family member, are navigating your own recovery, work with those affected by addiction, or simply want to be present for your community, this gathering offers a quiet place to connect. Together we'll spend an evening sharing stories, listening without judgment, honoring hope, and reminding one another that no one has to carry life's hardest moments alone.

There is no expectation to speak. You are welcome simply to come, listen, and be among others.

We'll conclude the evening with a simple reflection honoring those we've lost while recognizing the hope that continues to guide those still walking the path of healing.

Duration: 90 Minutes, 5:30pm-7pm

Location: Vero Beach, Fort Pierce, and Port St. Lucie, FL

Cost: \$30

Reserve your spot today

Contact & Registration Phone: 772.532.1885 Email: info@mahalowellness.org Website: www.mahalowellness.org