

POWERLESS, YET POWERFUL

Admitting your powerless to alcohol is a power move. In this webinar, we will explore the misconceptions behind the word 'powerless', and how we can use this self-realisation to overcome addictive substances.

In this webinar:

- Breaking through denial
- Relapse prevention
- John's story
- Support groups
- Family & relationships

Our Host

Join John McLean addictions coach, in sharing his life experience of being 30 years sober.

John has made appearances on TV, radio, and has years of experience in addiction support groups, rehabs and helplines in the UK.

Who Can Attend:

- **Individuals suffering from alcohol or drug addictions (including prescription drugs)**
- Family or friends effected by a loved one with alcohol or drug issues
- **Anyone wanting to learn more about how addictions manifest and how to cope with these issues**

Join Us

When:

29th of August 2021

Where:

Join our online

webinar by emailing:

*caroline@rehabguide.co.uk
to receive your private
invite*

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What is Alcoholism?