

## THE HEART OF THE MATTER:

# Navigating Intimate Relationships During Early Recovery

FEBRUARY 8TH @ 7 PM EST | VIRTUAL FORUM



Although healthy relationships are foundational to recovery, romantic relationships—if not navigated carefully—can hinder the early recovery process.

Lead by a distinguished panel of recovery experts, our February Washtenaw FAN Family Forum will address the myriad of challenges that can arise within intimate relationships during early recovery. The discussion will address both new and existing relationships, as well as specific recommendations for when one or both intimate parties are in recovery, specifically:

- The recommended, scientifically-backed guidelines for starting a new relationship after entering a recovery lifestyle
- How to navigate the relapse of a significant other when both parties are in recovery, including the importance of setting healthy boundaries when providing support
- The most common intimacy advice given to those new to the recovery journey - and how it is often misinterpreted
- How those in recovery can strengthen existing intimate relationships without jeopardizing one's sobriety or growth
- Identifying healthy vs. unhealthy relationships and their potential impact on the recovery process

**Advance registration required.** To register for this forum, visit: <https://bit.ly/wfanforum>

## Meet the Panel



**JAMAIME ATKINS**  
Any Lengths  
Sober Living



**STEVE FELDMAN**  
Feinberg Health  
Care Solutions



**DR. CHANTEL THOMAS**  
The Manor Addiction  
Treatment Center



**TARAH PAULSON**  
Person in  
Recovery



**DIONDRAE RILEY**  
Single Father  
in Recovery



**DAVID SHAND**  
Person in Recovery,  
Attorney, Shand Law PLLC

View our panelists' bios at: [www.familiesagainstnarcotics.org/speakers](http://www.familiesagainstnarcotics.org/speakers)