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HEALTH & WELLNESS



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**December 15th 2014: Being Mindful of Your
Recovering Loved One During the Holidays**

Addiction can threaten the lives of people via many different avenues: recreational drugs, painkillers, alcohol, food, and more. While many of us grow excited about the holiday season, there are others that become anxious about this time of year. The events of the season can impose temptations and challenges for recovering addicts, especially those with co-occurring disorders, such as depression, anxiety, grief, trauma, and codependency, which can be heightened by the festivities that surround them. During this holiday season, let us be mindful of all of these people and the addictions they

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Featured Guest

Guest Image

Jaime W. Vinck

Jaime W. Vinck, MC, LPC, NCC, Chief Clinical Officer for Sierra Tucson. Jaime Vinck joined Sierra Tucson in August 2014 as Chief Clinical Officer. She oversees the overall program design and provisions in management for all Sierra Tucson programs including Family Therapy, Primary Therapy

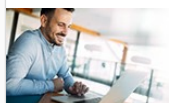
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