

Monday Night ACoA Group **Open Meeting!**



**Guest Speaker:
Lia Gaty, LCSW**

“Adult Children of Alcoholic’s + Post Traumatic Stress Disorder (PTSD)”

Growing up in a home where there is alcoholic addiction and / or relationship trauma puts a child at great risk for long-term, post-traumatic stress effects that adversely compromise adult relationships. As adults, seeking an answer to Post Traumatic Stress Disorder can bring immense benefits and help create the fully alive adult we are capable of growing into. For more than 30 years, Lia Gaty has been a Clinical Social Worker specializing in Complex Post Traumatic Stress Disorder. This disorder occurs in people who have been victims of physical, emotional, and / or sexual abuse in childhood.

Growing up under these conditions, Adult Children of Alcoholics (ACoA's) face Post Traumatic Stress Disorder as they struggle for recovery and understanding. Lia Gaty will explain concepts of PTSD, describe how the inner child is lost to trauma and abandonment, and how by recovering, we can heal the fear, confusion and unhappiness of PTSD in adult life.

Lia Gaty has taught Trauma at the College of Lake County, including the relationship between Trauma and Addictions. Since 2004, she has been a presenter at the annual conferences of the Illinois Accreditation Association, IAODAPCA.

Everyone is Welcome!

**Monday, April 15 at 7pm
St. Lawrence Episcopal Church,
125 West Church Street, Libertyville, IL**

***This meeting is open to family, friends and anyone else who
is curious about what ACoA is and what it can do for you.***

(Refreshments will be served after the meeting)

St. Lawrence Episcopal Church is located one block West of Milwaukee Av., across the street from the Cook Memorial Library. Park behind the church and enter through the double doors on your left. The meeting is downstairs.

For info about our group and ACoA visit www.acoa-libertyville.org