

— Free Support Guide —

Mend Your Heart

Gentle Support for Families Facing Addiction



With *Maz*

— mendyourheartwithmaz.com —

Free Support Guide

For Families Supporting Someone with Addiction

Supporting someone you love through addiction can feel overwhelming and lonely. This guide offers gentle support to help you protect your emotional wellbeing.

- You are not responsible for their addiction
- Protect your emotional wellbeing
- Boundaries are an act of love
- You don't have to walk this path alone

A Message from Maz

I supported my son through addiction and lost him at 22. I now support families navigating addiction and grief with compassion and understanding.

Book a Free 30-Minute Chat

<https://calendly.com/mlj-luvit/free-30-minute-call-mend-your-heart-with-maz>