

## ***Holding on & Letting Go: Supporting Families Through Ambiguous Loss in Addiction***

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**Chair: TBD**

**Wednesday, 15 July, 2026: 9.00 am Dallas Texas time; 15.00 pm, UK time; 16.00 pm Western Europe time; 17.00 pm Finland time, (other times: <https://www.worldtimebuddy.com/>)**

### **Description of webinar**

This webinar examines the complex experience of ambiguous loss among family members of individuals with substance use disorders, with particular attention to the roles of hope and resilience in navigating the ongoing uncertainty of a loved one's addiction and recovery. Drawing from recent empirical findings, this session will highlight how these psychological processes shape coping and well-being for affected family members. Participants will engage in interactive discussions and applied activities designed to translate research into practice. Attendees will leave with concrete, evidence-informed interventions that can be integrated into counselling, supervision, and training contexts to better support families impacted by addiction.

A recording of this webinar and the speaker's slides will be available on the AFINet website following this webinar. Future AFINet webinars are advertised on the AFINet website:

<https://afinetwork.info/upcoming-webinars/>

AFINet aims to:

bring together researchers, policymakers, practitioners, and experts through experience, promote the well-being of family members, friends, and colleagues affected by or concerned about another person's problems with or addiction to alcohol, drugs or gambling, and develop research, policy, practice, and advocacy in the field.

AFINet membership (free) is by application:

<http://www.afinetwork.info/members/apply-for-membership>