

FREE!



MINNESOTA
RECOVERY
CONNECTION

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presents

Celebrating Families!™

A HEALING PROGRAM

for Parents and Children Impacted by ADDICTION TO ALCOHOL AND OTHER DRUGS

Mondays, January 30–April 30, 2012, 6:00–8:30 p.m.
253 State St., St. Paul

This 14-week skill building educational program is for children ages 5-18 and their parents and caregivers. Designed to help children and families live healthy, responsible, and addiction-free lives, each session begins with a family meal (provided) followed by small groups that will help break the cycle of addiction in families by promoting healthy living skills and increasing the rate of family reunification. Each session will cover a different topic including:

- Orientation and Getting Started
- Healthy Living
- Nutrition
- Communication
- Feelings and Defenses
- Anger Management
- Facts about Alcohol, Tobacco, and Other Drugs
- Chemical Dependency is a Disease
- Chemical Dependency Affects the Whole Family
- Goal Setting
- Making Healthy Choices
- Healthy Boundaries
- Healthy Friendships and Relationships
- How We Learn
- Our Uniqueness
- Celebration

★ Space is limited. **Pre-registration required.** Deadline for registration is January 18, 2012.

FOR INFORMATION AND ENROLLMENT,
please contact Ken Roberts at 651-366-7730
or kenr@transitions.pro



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www.celebratingfamilies.net