



# Nurturing Parenting for Families in Recovery

If you are a parent or caregiver working on your recovery and want to learn more about the effects of substance use on your family, parenting style, and your relationship with your child join us for this FREE 17-week program.

You will explore hands on activities along with guided discussions to enhance your self-awareness and increase your ability to relate to your child/children in a safe and supportive environment surrounded by parents and caregivers who share similar life experiences.

**When:** Tuesdays 10:00 am - 11:30 am

**Dates:** 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2

**Where:** Zoom

**Register Online:** <https://bit.ly/3u4vPdf>

Together we will:

- *Explore ideas and build skills.*
- *Strengthen your connection with your child.*
- *Increase you and your child's healing.*

**For more information  
or to register contact:**

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