

Do you know how to talk to family members about substance misuse? WE CAN HELP!

Community Reinforcement and Family Training

This program focuses on the family member, not the substance user, by teaching how to promote and increase protective factors, while reducing risk factors at the individual and family level.



FREE to the public!

Adults 18+ only. Childcare not provided.

Participants will learn:

- How to take care of themselves
- How to eliminate unintentional helping behaviors that may promote use
- How to replace negative behaviors with new positive ways to communicate and solve problems
- How to recognize the importance of timing when approaching the substance user
- Positive communication skills
- Problem-solving techniques
- How to encourage loved ones to stay engaged in treatment

This group is offered every Saturday from 10-11:30 a.m. beginning Mar. 9.
1795 Jet Wing Dr.

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**Please call (719) 572-6100
to reserve your seat.**