

Sober Parenting Journey

Group begins in January 2017



Parenting while in recovery is hard — we get it. You are not alone.

Designed to empower parents and caregivers who have a history of addiction and who want to spur confidence and optimism in a successful recovery, improve parenting skills, and set goals for the future.

- Explore past and present patterns of compulsive and addictive behaviors that influence your choices.
- Seize the opportunity to create a new path that involves personal recovery, accountability, positive actions, and hard work.
- Begin to understand and experience healing old and new wounds.

Sober Parenting Journey will help you build self-esteem, communicate better with your children, manage stress, and address the impact of triggers that lead to relapse.

Sober Parenting Journey

Wednesdays January 25-April 26, 2017

Evening sessions: 5:30-7:30pm

Participants must have at least 30 days of sobriety to enroll.



ENROLL TODAY!

Register online at www.parentingjourney.org or call (617) 628-8815.

Cost: \$5 registration fee — includes complimentary childcare and a meal at each session.

Questions? Call Delores Reyes, Senior Group Facilitator, at (617) 628-8815 ext. 244 or email her at dreyes@parentingjourney.org.

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