



## REGISTER TODAY!

Contact Parenting Journey for more information.

### UPCOMING PROGRAMS

For program dates, visit:  
[www.parentingjourney.org/parents](http://www.parentingjourney.org/parents)

### LOCATION

Somerville, MA

### DURATION

2 hours a week for 14 weeks

### COST

Free! Complimentary childcare and family-style meal provided.

# SOBER PARENTING JOURNEY

Parenting Journey is open to everyone. No matter where you are from, no matter what your background, you are welcome at Parenting Journey. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.

## SOBER PARENTING JOURNEY | PROGRAM

*Offered in English*

In Sober Parenting Journey, a small group of parents and caregivers meet for 2 hours a week for 14 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare.

Addiction is complicated and difficult to overcome. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining their sobriety, which can be both rewarding and daunting. Sober

Parenting Journey provides a valuable source of fellowship and support and enhances awareness of potential triggers that may escalate relapse. In a safe and caring setting, you will explore past and present patterns of emotional regulation, compulsive thinking, and addictive behaviors that influence your choices. With hard work and honesty, you will create a new path that strengthens sobriety, accountability, and positive actions while facing the daily challenges of recovery.

### WHAT'S IN IT FOR YOU

In a supportive setting, we will work with you to uncover your inner strengths and help you achieve personal transformation in recovery.

- Begin to understand and experience healing new and old wounds.
- Address the impact of triggers that lead to relapse.
- Learn about local resources and support available to you.
- Effectively communicate with your children.
- Become more confident and optimistic about maintaining recovery.
- Learn to overcome emotional shame, guilt, and stop justifying consequences related to substance use.
- Create new possibilities for yourself and your children.



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