



## 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.

# PARENTING JOURNEY IN RECOVERY

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.

## PARENTING JOURNEY in Recovery | PROGRAM

*Offered in English*

In Parenting Journey in Recovery, 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.

Substance use disorders are complicated and difficult to overcome. Parents and caregivers in living with addiction face the additional challenge of building strong, positive relationships with their children while maintaining their recovery, which can be both rewarding and unsettling.

Parenting Journey in Recovery provides a valuable source of fellowship and support and enhances awareness of potential triggers that may bring about a recurrence of symptoms. In the group you will explore past and present patterns of emotional regulation and thoughts and behaviors related to addiction that influence your choices. Personal recovery, accountability, positive actions, improved communication, and hard work are among the many topics discussed in a safe and caring setting.

### 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 re-occurrence.
- 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 and guilt and to stop justifying consequences related to substance use.
- Create new possibilities for yourself and your children.

# PARENTING JOURNEY

Building stronger communities one family at a time

366 Somerville Ave | Somerville, MA 02143  
617.628.8815 | [info@parentingjourney.org](mailto:info@parentingjourney.org)  
[parentingjourney.org](http://parentingjourney.org)