

FACILITATOR TRAINING

SOBER PARENTING JOURNEY



Parenting Journey partners with parents and human service agencies to deliver evidence-informed programming that is proven to promote family well-being.

SOBER PARENTING JOURNEY | PROGRAM

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 unsettling. Sober Parenting Journey provides a valuable source of fellowship and support and enhances awareness of triggers that may bring about relapse. Personal recovery, accountability, positive actions, improved communication, and hard work are among the many topics discussed by group members.

FACILITATOR TRAINING

Parenting Journey offers immersive 5-day facilitator trainings for professionals interested in implementing Parenting Journey programs at their agency. Through hands-on activities, active engagement, and self-reflection, participants master the experiential Parenting Journey curriculum as well as group management and facilitation techniques.

Enroll in our training for facilitators and learn firsthand how to use our experiential curricula to run a Parenting Journey program within your own organization. Having a history of addiction is not a prerequisite for enrolling in the training or facilitating a group.

REGISTER

www.parentingjourney.org

\$800 per participant

Group discount rates available

TRAINING LOCATIONS & DATES

Somerville, MA and New York, NY

For a complete schedule, visit

www.parentingjourney.org

OUR REACH

More than 2,100 professionals have completed the Parenting Journey Facilitator Training. Parenting Journey has been replicated by nearly 500 organizations.



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SOBER PARENTING JOURNEY

CURRICULUM SUMMARY

All of our curricula and training models are grounded in family systems theory. The focus is on the strengths and resiliencies of families, and recognizes the importance of instilling a sense of hope and possibility, even in the face of life's most challenging circumstances.

SESSIONS 1-3

Honesty & Trust

These sessions build a foundation of honesty related to the personal history of addiction, addictive compulsive behaviors, and patterns which lead to relapse potential. While learning to trust themselves, participants can better prevent relapse and simultaneously strengthen group cohesion.

SESSIONS 4-5

Vision & Relapse Prevention

In these sessions, we acknowledge the value of participants' lives and help them uncover their authentic selves through self-assessment and reflective listening. Participants explore family dynamics, flaws, and strengths to bring clarity to cultural influences, adverse behaviors among peers, and current patterns of parenting. These sessions promote change and are geared towards decreasing internal and external levels of stress while in recovery.

SESSIONS 6-7

Letting Go: Secrets & Fears

In these sessions, participants engage in activities that enable a deeper sense of trust, honesty, safety, new coping skills, and emotional regulation. Participants explore how to let go of shame, guilt, cravings, negative thoughts, secrets, and fears related to relapse triggers.

SESSION 8

Personal Identity

Participants reflect on how they have honored and/or sabotaged relationships with their own parents, leading to greater insight into their own identity.

SESSION 9

Children's Healthy Identity

This session focuses on how participants can communicate effectively with their child and create a positive narrative of the child's other parent, so that he or she can foster their full identity.

SESSIONS 10, 11 & 12

Choices & New Possibilities

These sessions address sensitivity to extinguishing negative, outdated behaviors and choices. Participants gain a range of insights related to triggers, co-existence disorders, barriers, past success, strengths, and effective recovery strategies. Motivation for constructive change, relapse prevention, and the ultimate gift of new possibilities are cultivated.

SESSIONS 13-14

Long-Term Recovery & Celebration

In these final sessions, participants are celebrated for their successes and accomplishments. Power-packed with effective closure tools, these sessions create an opportunity to decrease anxiety and empower emotional regulation in a safe environment.