

Partnership for Drug-Free Kids & The Natick Service Council present

## **Family Communication Skills Workshop:** **Providing hope, learning and support for parents and caregivers facing substance use in their families**

**Family Communication Skills Workshop** is a unique opportunity for parents and caregivers to learn how to change the family dynamic and work toward reducing or eliminating problematic substance use. **Delivered by specially trained parent facilitators, Doug and Bea Duncan, the program is designed to help you learn new skills in communication, behavior management and self-care.** Doug and Bea are long-time Natick residents and parents who have lived the journey of loving a child with a substance use disorder. They will draw upon their own experience and training from the Partnership for Drug-Free Kids on the Center for Motivation and Change's *Invitation to Change* model to support other Natick parents who are struggling with their child's substance use.

**The Workshop for Parents & Caregivers covers 10 topics in two series\*:**

Series 1 -- Understanding and Preparing for Change:

Introductions / Willingness and the Marathon  
Helping Through Understanding  
Self-Care: Strengthening Your Foundation  
Understanding Substance Use  
Having Conversations - Strategies for Improving Communication

Series 2 -- Implementing Change:

Strengthening Healthy Alternatives  
Natural Consequences  
Limit Setting  
Offering Information and Making Requests  
Conversations Suggesting Treatment

*\*If participants in the Series 1 Workshop would like to continue with the program, dates for Series 2 will be scheduled. Participants in Series 1 are under no obligation to participate in Series 2.*

**Regardless of where you are in your journey, the insights gained and connections made with other parents in the Series 1 Workshop will be invaluable to you.**

**Sessions will begin February 7, 2019 at  
the Natick Service Council (2 Webster St., Natick).  
Interested in participating? Contact Kathie Fair Chandley by February 1, 2019  
at [kfair@natickservicecouncil.org](mailto:kfair@natickservicecouncil.org) or 508-655-1791.**

*The Family Communication Skills Workshop is made possible through support from the Natick Opioid Task Force and **generous funding from the Natick Rotary Club.***



## FREQUENTLY ASKED QUESTIONS:

**Is this a support group?** While the spirit of the group is to be supportive and compassionate, the primary purpose of this program is to provide participants with knowledge about skills and information that they can use in their lives, and to help their loved ones. This is a “learning group.” (The Partnership strongly believes in the value of compassionate family support groups; this is just a different approach.)

**How long does it take to complete the workshop?** Each series consists of five 90-minute sessions, with one topic introduced each week. There can be a break between series one and two, but otherwise, the program will take 10 weeks to complete.

**What does a typical session look like?** Each session is approximately 90 minutes. Facilitators introduce each session with a reading about the topic to start group discussion, followed by an exercise to develop a concept or skill. The facilitator can also distribute or email participants handouts with additional information on the topic covered each week. Participants practice their newly learned skill throughout the following week and share their experiences at the next session.

**Is there a cost?** No, this workshop is free to all participants.

**Do I need to attend every session?** Attending every session is strongly encouraged, but we understand that life gets in the way. We can provide the documents that were shared at a missed session, but there won't be any make-up sessions.

**Who facilitates the sessions?** The facilitators are very special parents who have been personally affected by their child's substance use and have chosen to help other parents. They also have experience as Partnership for Drug-Free Kids Peer Parent Coaches. In this capacity, they have coached other parents, via telephone, to introduce them to the ideas of the Invitation to Change model.

Some facilitators have children in recovery; some have lost children; some have children who are still using. What they have in common is that they are kind, compassionate people who want to help other parents' on their journey of loved one's substance use.

**Who is the Partnership for Drug-Free Kids?** The Partnership For Drug-Free Kids is a 30+ year-old 501(c)3 not-for-profit organization committed to helping families whose son or daughter is struggling with substance use. They empower families with information, support and guidance to get the help their loved one needs and deserves, and advocate for greater understanding and more effective programs to treat the disease of addiction.

**Who is the Center for Motivation and Change: Foundation for Change?** The Center for Motivation and Change: Foundation for Change is the Partnership's clinical partner on this project. CMC: FFC is a nonprofit organization staffed by addiction professionals with one mission – to provide help and hope to the families of those struggling with substances. They are devoted to training parents in effective strategies to help their children who are struggling with substance use, and improve the functioning and health of the whole family.

