



SOUTH SHORE PEER RECOVERY PRESENTS

SOBER PARENTING JOURNEY

Beginning in September 10, 2019

****Pre-Registration & Interview Required****

Each 2-hour session begins with a family meal.

Free childcare is provided.

Sober Parenting Journey is free and open to everyone. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.



SOBER PARENTING JOURNEY PROGRAM

This 14-week group for parents and caregivers in early recovery is facilitated by Linda Nathan and Stephanie Masland. Stephanie Masland is a holistic health counselor, recovery coach and director of community outreach for Wellspring Multi-Service Center.

Participants will work in a supportive setting to uncover inner strengths and achieve personal transformation in recovery by developing parenting strengths, resources and hope.

Must register by September 9, 2019 –

Contact Donn Young at South Shore Peer Recovery
for more information and intake:

T: 781.378.0453 / E: dyoung@southshorepeerrecovery.com

Program limited to 12 participants

WHAT'S IN IT FOR YOU

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

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