



**WELLSPRING MULTI-SERVICE CENTER &  
SOUTH SHORE PEER RECOVERY PRESENT**

# **SOBER PARENTING JOURNEY**

***Tuesdays beginning March 5th, 2019 from 5:00-7:00pm***

***\*At South Shore YMCA, 75 Mill St., Hanover\****

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**

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 each session 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, participants will explore past and present patterns of emotional regulation, compulsive thinking, and addictive behaviors that influence choices. With hard work and honesty, participants will create a new path that strengthens sobriety, accountability, and positive actions while facing the daily challenges of recovery.

*South Shore Peer Recovery supports individuals and families as they face the challenges of ongoing recovery from the disease of addiction. SSPR provides peer support, education, and advocacy opportunities, and works to help remove barriers to recovery. All participants are treated with dignity and respect, regardless of the chosen pathway of recovery.*

*Wellspring is a multi-service organization with a mission to provide support and skills to people facing challenges to their financial, physical or emotional well-being in order to help them achieve independence and self-sufficiency.*

**Wellspring Multi-Service Center • [www.wellspringhull.org](http://www.wellspringhull.org)  
814 Nantasket Avenue, Hull, MA 02045 • 781.925.3211**

**South Shore Peer Recovery – [www.southshorepeerrecovery.com](http://www.southshorepeerrecovery.com)  
51 Cole Parkway, Scituate MA 02066 – 781-378-0453**

## **REGISTER TODAY!**

***Must register by March***

Contact Mark at SSPR for information and intake:

**781.378.0453**

**[mmulhern@southshorepeerrecovery.com](mailto:mmulhern@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