

ADDICTION RESOURCES FOR FAMILIES & FRIENDS

TALKS & WORKSHOPS

Family Mondays

Drop-in learning and support sessions, open to anyone who loves someone struggling with substance use. Our most flexible option. *(Meets the first Monday of each month.)*

Lunchtime Series

An 11-session course for families, in weekly, one-hour meetings. Learn to help your loved one and yourself from experts in the field, while talking it out with fellow family members.

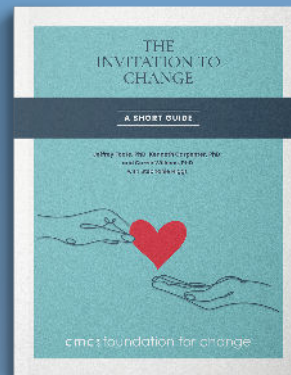
17-Hour Workshops

Our most robust option—a three-day workshop that covers evidence-based behavioral, motivational, and compassionate strategies in an accessible, down-to-earth way.

SUPPORT GROUPS

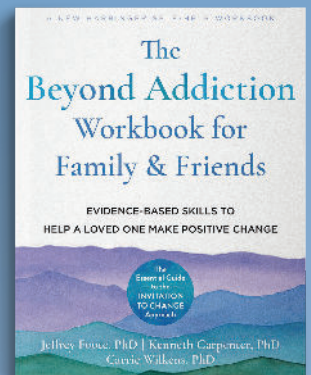
Our skills-based support groups offer members a chance to feel connected to other families with shared experience, while also teaching them helping strategies to support change in their struggling loved one. Available in person and online.

BOOKS

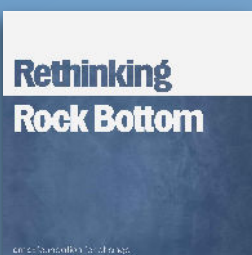


**The Invitation to Change:
A Short Guide**

The Beyond Addiction Workbook



PODCAST



In this six-episode series, Dr. Carrie Wilkens and Rev. Jan Brown explore the life-altering experience of loving someone who struggles with substances.

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CMCFFC.ORG
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