# cmc: foundation for change

# 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 compassionte strategies in an accessible, down-to-earth way.

# **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.

# SUPPORT GROUPS

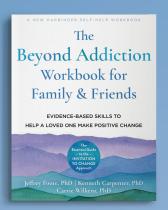
Our skills-based support groups offer members a chance to feel connected to other families with shared experience, while also teaching them helping strategies to support change in their struggling loved one. Available in person and online.

## BOOKS



The Invitation to Change:
A Short Guide

The Beyond Addiction
Workbook



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