



## **Nurturing Families through Recovery**

A two-day intensive training program using the Nurturing Program for Families in Substance Abuse Treatment and Recovery

November 15 & 16, 2011 • Jewish Family & Children's Service • Waltham, MA 02451  
Presented by the Institute for Health and Recovery • [www.healthrecovery.org](http://www.healthrecovery.org)



For those working with families affected by substance use, mental illness, and trauma, the Nurturing Program for Families in Substance Abuse Treatment and Recovery provides a structured program through which parents can explore their own histories, understand forces affecting their families and build skills to help their families recover.

The Nurturing Program for Families in Substance Abuse Treatment and Recovery has been used successfully as a component of substance use treatment in both treatment and family service settings. It was chosen to be part of the US Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). The program focuses on nurturing parents, so they in turn can nurture their children, and build healthy families.

This training provides thorough preparation for group facilitators through knowledge and skill-building. Principles, philosophy, clinical rationale and techniques will be explored through presentations and interactive activities.

### Who should attend:

- Residential Program Staff
- Parent Educators
- Social Workers
- Parenting Group Leaders
- Substance Use Counselors
- Mental Health Counselors
- Early Intervention Professionals
- Early Childhood & Family Service Agency Professionals

# Training Information

November 15: check in from 8:30-9:00 am  
9:00 am - 4:30 pm

- Relational Principles
- Nurturing Hope
- Human Growth & Trust
- Parenting Development
- Nurturing: Stress Management, Touch, Boundaries

November 16th: check in from 8:30-9:00 am  
9:00 am - 4:30 pm

- Love, Loss and Healing
- Family Dynamics: Effects of Substance Use on Families
- Facilitation Strategies
- Play in Recovery

## **CEUs**

This training equals 12 CEUs for alcohol & drug abuse counselors, social workers, or licensed mental health counselors. CEUs are \$15 (per person) payable by check or cash at the training.

## **COST**

This training is free to staff of programs funded by Massachusetts state agencies. For all other participants, call Julia at 617.661.3991 for fee information.

## **FOOD**

Light refreshments are provided in the morning and afternoon, but lunch is not. You can bring a lunch or choose from nearby cafes.

## **DRESS**

Casual and comfortable.

## **LOCATION**

Jewish Family and Children's Service  
1430 Main Street  
Waltham, MA 02451

Jewish Family and Children's Service has ample free parking in their outside parking lot. Please give yourself plenty of travel time to arrive on time. We strongly suggest you print internet directions from your location. Below are general directions.

From Mass Pike/I-90

- Take I-95 North exit
- Take exit 26 off of I-95 North and follow signs for Route 20 East
- Go straight through the first set of lights and position your vehicle in the left lane
- At the next traffic light, turn left onto Stow Street
- At the end, turn left onto Route 117 West
- Jewish Family & Children's Service is located 2/10 of a mile on your left

# Registration Form

Please register in advance and send the following information below to Julia Robbins:

Email: [juliarobbins@healthrecovery.org](mailto:juliarobbins@healthrecovery.org)

Mail: 349 Broadway, Cambridge, MA 02139

Fax: 617.661.7277

Also, please contact Julia by phone (617.661.3991) or e-mail with any questions.

It is strongly recommended that you purchase the Nurturing Families through Recovery Training Curriculum, *Nurturing Program For Families In Substance Abuse Treatment And Recovery (2nd Edition)*, to use during the training. This will enhance the training experience by allowing you to follow along with activities as they are written in the curriculum.

Please check the box below if you would like to purchase a copy for \$35. The curriculum can be picked up and paid for at the training, cash and check payments will be accepted. If you are paying with a check, please make it out to the Institute for Health and Recovery.

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I work at a Massachusetts state-funded agency:

- No
- Yes

I will be attending (check one):

- Both Days
- Nov. 15 only
- Nov. 16 only

I need certificates for:

- Social Work CEUs
- Mental Health Counselor CEUs
- Alcohol/Drug Counselor CEUs
- Attendance/Completion

It is strongly recommend that you purchase Nurturing Program for Families in Substance Abuse Treatment and Recovery (2nd Edition) to use during the training. Please check the box above if you would like to purchase a copy for \$35.

**Registration Deadline**  
**Thursday, November 3rd, 2011**