

Nurturing Program for Families in Substance Abuse Treatment and Recovery®

Table of Contents

Introduction

Introduction to the Program	1
Guidelines for Implementing the Program	4
Program Session and Topics; Format; Who Should Participate; Participation by Non-Parenting Adults; Inclusion of Children; Settings; Staff; Program Completion; Grounding; Materials Needed; Obtaining Resources	

Curriculum Segments

Topic 1: Hope.....	7
Topic 2: Growth and Trust	13
Topic 3: Families and Substance Abuse.....	24
Topic 4: Feelings.....	28
Topic 5: Self-Esteem.....	33
Topic 6: Communication	40
Topic 7: Confrontation and Problem Solving	47
Topic 8: Body Talk	54
Topic 9: What Babies Teach Us	63
Topic 10: Managing Stress	71
Topic 11: Setting Boundaries.....	78
Topic 12: Schedules and Routines	85
Topic 13: Safety and Protecting Children	103
Topic 14: Guiding Behavior.....	111
Topic 15: Knowing Our Values	117
Topic 16: Recovery: Love and Loss.....	125
Topic 17: Having Fun.....	131
Appendices	135