

# Nurturing Program for Families in Substance Abuse Treatment and Recovery®

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**The Nurturing Parenting Program for Families in Substance Abuse Treatment and Recovery** is a new psycho-educational, group-based program that assists parents in strengthening their own recovery, facilitating recovery within their families, and building a nurturing family lifestyle.

## Philosophy of the Program

A central goal of this program is to nurture parents, thus enhancing parents' ability to nurture their children.

To enhance the richness of the experiences of nurturing and recovery, this program focuses on parenting as a relationship, characterized by mutuality, authenticity, and empathy.

## Program Format

- Each 1 ½ hour session begins with information from the facilitator about the topic and the group process. The group meets for eighteen consecutive weeks.
- Goals, objectives, materials and preparation needed are listed for each session.
- Activities and exercises are designed to promote a high level of group participation and interaction.
- Each session ends with a wrap-up activity.

## Who Should Participate?

- Adults in treatment and/or recovery for substance abuse problems and who are in parenting relationships with children.
- Partners of parenting adults in treatment and recovery.
- Extended family members who may be parenting children of substance abusing adults.
- Participants need not have children in order to benefit from this program.

## Program Benefits

- Parents develop self-awareness and build nurturing skills using a variety of techniques and activities that accommodate different learning styles.
- Parents explore their childhood experiences, their fears, and their strengths.
- Parents explore effects of substance abuse on themselves and their families, and strengthen their recovery.
- Parents explore their own process of development as adults in recovery, and examine the parallels and differences in the development of their children.

## Manuals and DVDs include...

### Activities Manual for Parents

Contains information for the group facilitator to run the weekly sessions. **NP11AMP**

### Family Activities Manual

A handbook for parents that includes clear information to have fun, reconnect with their children, and learn nurturing skills. A bibliography and guide to selecting activities is included. **NP11FAM**

### This Hurts Me More Than It Hurts You DVD

Teaches parents alternatives to spanking and slapping their school-age children. Situations include: dealing with sibling rivalry, helping parents manage their stress and anger, and strategies for responding to children who talk back and show disrespect. **SPK3-DVD**

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## To Order the

### Substance Abuse Treatment and Recovery Program

All items listed below are included in the complete program or sold separately.

Manual	Code	Price Each	Total Price
2 Activities Manual for Parents	NP11AMP	\$ 35.00	\$ 70.00
10 Family Activities Manual	NP11FAM	\$ 13.00	\$130.00
1 AAPI-2 Online (60 Administrations)	AOL-KIT	\$150.00	\$150.00
1 This Hurts Me More Than It Hurts You	SPK3DVD	\$ 84.95	\$ 84.95
<b>Total Program Price</b>	<b>NP11</b>		<b>\$434.95</b>