

PARENTING IN RECOVERY

FORT COLLINS
RECOVERY CENTER

MONTHLY VIRTUAL
WORKSHOPS

JAN 13–
JUNE 9

Second Wednesday
of every month

COST: \$5 per session
TIME: 6-7 PM MT

REGISTRATION:
harmonyfoundationinc.com/kids



ABOUT THE FACILITATORS

Lindsey Chadwick (she/hers), MA, LPC, has worked for the Hazelden Betty Ford Children's Program in Aurora, Colorado since 2008.

Kathleen Rhodes (she/hers), MA, LPC, began working with the Betty Ford Center Children's Program in 2012.

Robby Bruza (he/him/his) has been a Children's Counselor at the Hazelden Betty Ford Foundation since 2017.



JANUARY 13 Talking to Your Kids about Recovery

Participants will learn language and tools to talk to their kids about addiction and recovery. Caregivers will discuss the importance of including kids in the recovery journey and how to do so in age-appropriate ways.

FEBRUARY 10 Building Trust with Children

Participants will learn about building trust with kids that is often lost when the chaos of addiction affects families. Caregivers will be led in assessing what they are doing well and find other ways to continue to build upon recovery skills that can help kids learn to trust their loved one on a deeper level.

MARCH 10 Overcoming Shame and Guilt in Parenting

All caregivers struggle with shame and guilt in parenting. Adding recovery and addiction on top often makes the experience even harder. Participants will learn how shame and guilt affect parenting choices and new skills to address these feelings and focus on making good decisions for their kiddos.

APRIL 14 Multigenerational Recovery

In this presentation, caregivers will be guided in exploring the origins of their parenting. Participants will better understand the ways their values as a caregiver show up in how they relate to kids. The introduction of parenting styles will allow caregivers to analyze their parenting and find a good balance that works for their family.

MAY 12 Discipline, Kids and Recovery

Recovery often comes with a whole new set of rules in a family. Caregivers will learn new skills to utilize their recovery principles in setting boundaries and providing structure for their kids. Discipline can be hard! Let's work together to make it easier.

JUNE 9 Raising Resilient Kids

Addiction is a family disease and is passed down through generations. In this session, caregivers will learn new ways to break that cycle by raising kids to be resilient. Participants will learn about protective factors, risk factors, and how to help kids begin their own recovery and break the cycle of addiction.