

HARMONY FOUNDATION  
HAZELDEN BETTY FORD ALUMNI  
EDUCATION WORKSHOPS

# PARENTING IN RECOVERY JUL 21–DEC 15

Monthly Virtual Workshops  
Third Wednesday of  
every month

**COST:** \$5 per session

**TIME:** 6-7 PM MT

**REGISTRATION:**

[harmonyfoundationinc.com/kids](http://harmonyfoundationinc.com/kids)



## July 21

### Building Trust with Kids: The Importance of Play

Playing with kids isn't always easy. This workshop reviews the foundational ways play helps build connection in relationships with kids. The group will work together to identify and support you in removing the barriers to engaging with kids to create more joy, connection, and understanding between you and your kids.

## August 18

### Building Trust with Kids: Discipline

This workshop will introduce the topic of discipline through a lens of recovery. Discipline is a caregiver's way of responding to those needs children communicate, often through their behaviors. Recovery gives us tools to help.

## September 15

### Boundaries and Family Roles

Setting boundaries is an essential aspect of living in recovery. This workshop will review some ways to apply our learning of boundaries in parenting to support you in strengthening your role as a parent in order help kids feel safe in their role as a child.

## October 20

### A Feelings Disease: Helping Kids Talk about Their Feelings

Addiction is often described as feelings disease. In order to protect kids from addiction, it is important to teach them to let out their feelings. In this workshop participants will learn specific ways to help kids discuss their feelings, secrets, and problems.

## November 17

### Responding Well When Parenting is Triggering

Kids are not triggering, but parenting can be! We will discuss how to deal with our feelings when kids say and do things that push our buttons. Caregivers will learn that you are not alone, and you have the tools to be the parent you want to be.

## December 15

### Happy Holidays: Take Care of YOU

The Holidays can be wonderful but can also be extremely stressful! In this workshop we will discuss some ways to help you navigate your parenting stress, guilt, and shame so that you can survive and keep your relationship with your kids intact.



## 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.

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