



PARENTING IN RECOVERY

AUG. 24-25, 2019

Workshop series created by the Hazelden Betty Ford Children's Program.

HOSTED BY THE HARMONY FOUNDATION

Please join us for a 2 day workshop series focused on the specific challenges caregivers might face in their recovering family.

- Changing roles and holding boundaries
- Increasing resilience in children
- Using recovery tools to be an even greater parent

DAY 1 provides an understanding of parenting models. The group will create a "parenting inventory" for an opportunity to check in with what is working and to learn more ways to deepen their relationship with their children through their recovery.

DAY 1 also focuses on ways to build resilience in children. We will review some of the major tenants and traits of resilience as well as discuss tools and activities that parents can use to build their children's ability to thrive, even in the face of adversity.

DAY 2 explores the importance of structure and positive discipline for children. The group will discuss tools that can be helpful in those most difficult moments of parenting.



SCHEDULE

DAY 1: Sat., Aug.24th
9am-4pm

DAY 2: Sun., Aug.25th
9am-12pm

**Childcare provided*

INVESTMENT

\$30 Individual

\$50 Couple

**Financial Aid Available*

Questions or Registration:

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