

The Young Adult Substance Use Program's

LOVED ONES EDUCATION GROUP

For parents and other supporters of adolescents and young adults with substance use problems.

This group is based on **Community Reinforcement Approach to Family Training – Support and Prevention (CRAFT)**, an evidence-based approach to change the way you interact with your child or loved one to promote positive relationships and recovery. CRAFT talks about how **behaviour makes sense** and how the environment, community, and social support can play a powerful role in recovery.



Scan here to sign up for the next group!



This group includes 8 sessions:

- Group Overview, Safety, and Self Care
- Understanding Substance Use
- Understanding Co-occurring Mental Health Concerns
- Positive Communication
- Past Patterns & New Strategies
- Rewards & Coping with Intoxication
- Allowing Negative Consequences
- Review, & Next Steps

