

# — CELEBRATING FAMILIES! (CF!) —

fosters family values



**CELEBRATING FAMILIES! FOSTERS THE DEVELOPMENT OF SAFE, HEALTHY, FULFILLED, AND ADDICTION-FREE INDIVIDUALS AND FAMILIES** by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills. The evidence-based support group model is written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect.

For more information contact **prevention**  
**WORKS**

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**GIVING PEOPLE TOOLS TO MAKE HEALTHY DECISIONS**

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## CELEBRATING FAMILIES! DETAILS

The following can be adapted to fit different groups and ages.

### FOR FAMILIES

- Parents, Caregivers and their youth, ages 4-14
- 16 Session Program (adjustable)
- Designed for evening and weekend hours

### LESSON TOPICS

- Healthy Living
- Nutrition
- Communication
- Feelings and Defenses
- Anger Management
- Facts About Alcohol, Tobacco and Other Drugs
- Chemical Dependency is a Disease
- Chemical Dependency Affects the Whole Family
- Goal Setting
- Making Healthy Choices
- Healthy Boundaries
- Healthy Friendships and Relationships
- How We Learn
- Our Uniqueness

### SPECIAL FEATURES

- Sessions are recovery-oriented. They include role plays, interactive activities, music, breathing activities and more. The curriculum is designed to specifically reinforce learning in treatment and twelve-step recovery programs.
- Some additional free features you can expect include: family meal time, transportation and raffle prizes for youth and adults.
- Celebrating Families! is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-Based Programs and Practices.