



Celebrating Families™ Group

Tuesday Nights, 6-8 p.m. Starting Jan. 29, 2019

Location: Saginaw Chippewa Academy

What is Celebrating Families!™

It's an **evidence based** cognitive behavioral, support group model 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.

16 week curriculum that addresses the needs of children and parents in families that have serious problems with alcohol and other drugs.

Works with **every member of the family**, from ages 3 through adult, to **strengthen recovery** from alcohol and/or other drugs, break the cycle of addiction and increase successful family reunification.

Integrates traditional Native teachings and cultural practices, including the **Healing Forest Model**, as a framework allowing each community to include traditional practices.

Utilizes materials developed for **Children of Alcoholics** with the teaching and reinforcing of life skills.

Session Agenda:

- Family Meal - about 30 minutes
- Small groups (by age group) - about 60-80 minutes
- Family Activity - about 20-30 minutes

Intake and Registration Required.

Contact Shuna Stevens, Prevention Coordinator at Behavioral Health for more information,

989.775.4850 or shstevens@sagchip.org.

Schedule for Winter/Spring 2019:

- **Jan. 29 - Session 1:** Orientation and Getting Started
- **Feb. 5 - Session 2:** Healthy Living
- **Feb. 12 - Session 3:** Nutrition
- **Feb. 19 - Session 4:** Communication
- **Feb. 26 - Session 5:** Feelings and Defenses
- **March 5 - Session 6:** Anger Management
- **March 12 - Session 7:** Facts About Alcohol, Tobacco, and Other Drugs
- **March 19 - Session 8:** Chemical Dependency Is a Disease
- **March 26 - No Session this week, spring break!**
- **April 2 - Session 9:** Chemical Dependency Affects the Whole Family
- **April 9 - Session 10:** Goal Setting
- **April 16 - Session 11:** Making Healthy Choices
- **April 23 - Session 12:** Healthy Boundaries
- **April 30 - Session 13:** Healthy Friendships and Relationships
- **May 7 - Session 14:** How We Learn
- **May 14 - Session 15:** Our Uniqueness
- **May 21 - Session 16:** Celebration!



**This program is brought to you by Behavioral Health through funding from the Inter-Tribal Council of Michigan.*



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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