



Celebrating Families™ Group

Tuesday Nights, Sept. 3 - Dec. 17, 2019
5:30 - 8 p.m. | Location: Saginaw Chippewa Academy

What is Celebrating Families!™

It's an **evidence based** cognitive behavioral, support group model written for families effected by alcohol or 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.

Topics covered: Healthy living, nutrition, communication, feelings and defenses, anger management, facts about alcohol, tobacco and other drugs, chemical dependency, goal setting, making healthy choices, healthy boundaries, healthy friendships and relationships, how we learn, our uniqueness, and Celebration!

Session Agenda:

- **Family Meal** - about 30 minutes
- **Small groups** (by age group) - about 90 minutes
- **Family Activity** - about 30 minutes

Intake and Registration Required.

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

989.775.4850 or shstevens@sagchip.org.

We are looking for 8-10 families who can commit to this 16 week program.

Here is what our past participants had to say:

From the Youth:

- Their family member's chemical dependency "is not their fault"
- They understand that taking care of themselves is a good thing
- It is okay to say "no"
- They can calm themselves down and manage their anger
- There are safe people out there who want to help them
- They enjoyed the program more than they thought they would

From the Adults:

- They feel like they are not alone in their issues/problems
- Enjoyed time spent with their family and eating together
- They liked the weekly activities and handouts, especially the talking circles
- Learning with peers was favored
- They liked the staff in the groups
- They liked hearing their kids sharing and giving feedback



**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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