



Family Support Groups

Family Support is Available

Family group provides support for concerned others of people with substance use disorders. The group uses principles from CRAFT (Community Reinforcement and Family Training), developed by Robert Meyers, Ph.D. from the University of New Mexico.

CRAFT helps concerned others gain awareness of how their own behavior can impact the substance use of their loved ones and help them use behavioral strategies to promote positive changes. CO's are also encouraged to focus on self-care.

7-8:30 pm on 2nd and 4th Tuesday of each month starting April 28th, 2020

Join Zoom Meeting <https://zoom.us/j/93407086063>

Meeting ID: 934 0708 6063

One tap mobile

+16465588656,,93407086063# US (New York)

+13126266799,,93407086063# US (Chicago)

Dial by your location

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US

Find your local number: <https://zoom.us/u/abHhxhaYtV>

There is no cost and the groups are open to the public.



Resources:

- [Beyond Addiction: How Science and Kindness Help People Change](#) by Jeffrey Foote, Carrie Wilkens, and Nicole Kosanke
- 20-Minute Guide, Center for Motivation and Change: <http://the20minuteguide.com/>
- NAMI of Minnesota for families and concerned others of those with mental illness

For more information contact: Gloria Englund at gloria@recoveringu.com or call 612-749-4006

