

# Invitation to Change® for Family & Friends

Tuesdays  
5:15 to 6:30 pm  
OASIS Community Center



## *A different kind of support group!*

The Invitation to Change Approach® (ITC) is grounded in compassion, connection, and the understanding that we can have a powerful and helpful impact on those who are struggling to change.

Participants will walk through the core topics of the Invitation to Change Approach® utilizing the ITC workbook.

- ◆ Behaviors Make Sense ◆ One Size Doesn't Fit All ◆ Ambivalence Is Normal
- ◆ Communication Tools ◆ Behavior Tools
- ◆ Self-Awareness ◆ Willingness ◆ Self Compassion

*Facilitated by Tina Thomas, CFRS. Tina is Level I Certified from the Center for Motivation and Change (CMC) to pilot this support group for families and individuals struggling with a loved one's substance use conditions.*



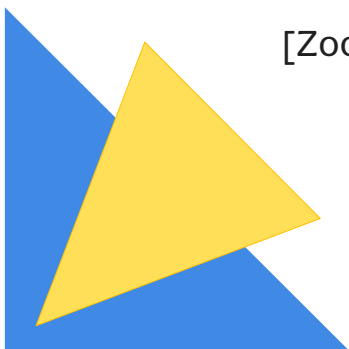
Attend in-person or virtually.

[Zoom link on our website's [calendar](#) page.]

Contact:

[info@oasisbethlehem.org](mailto:info@oasisbethlehem.org)

for registration link



*OASIS programs are offered to support families and friends impacted by a loved one's substance-use*

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