



Coming in 2021... Beyond Addiction Book Study

The OASIS Community Center will be offering a new book study on the ground-breaking book ***Beyond Addiction: How Science and Kindness Help People Change***. What makes this book ground-breaking? It updates current treatment models and offers hope to families.

Written by leaders in progressive addiction treatment in the U.S., *Beyond Addiction* goes beyond the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help someone change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer.

This new approach is not only less daunting for both the substance user and his/her family, but it is more effective as well. Learn how to use the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life; and discover different treatment options along with tips for navigating the system.

Facilitated by **Brenda Walker, Certified Family Recovery Specialist**, in partnership with the Bethlehem Parent & Family Support Group.

This program will be offered as a 12-week series, beginning on January 13, 2021. The group will be meeting on Wednesdays from 7:15 to 8:30 pm via Zoom. Group size is limited for maximum participant interaction.

Contact info@oasisbethlehem.org for more information and to register.

