

Invitation to Change[©] for Family & Friends

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

Drop In... no
registration
required!



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.

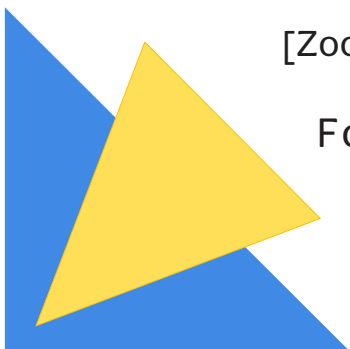
ITC • The Invitation to
Change Approach[®]

Attend in-person or virtually.

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

For more information, contact:

tina@oasisbethlehem.org



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