NEW SUPPORT GROUP!

Tuesdays

6:00 to 7:30 pm

OASIS Community Center

Drop In... no registration required!

Invitation to Change© for Family & Friends

The Invitation to Change Approach © (ITC) is grounded in compassion, connection, and the understanding that we can have a powerful helpful impact on those 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

OASIS CFRS staff are Level I Certified from the *Center for Motivation and Change (CMC)* to pilot this new support group for families and loved ones of people struggling with substance use conditions.

Attend in-person or virtually (Zoom link on our calendar page on our website).

The Center for Motivation and Change is a nonprofit group of clinicians and researchers in NYC who authored the ground-breaking book Beyond Addiction: How Science and Kindness Help People Change. To learn more about ITC, visit https://cmcffc.org.

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oasis COMMUNITY CENTER
nurturing families
impacted by substance use