



By training parents, we can transform drug and alcohol recovery

Tina and Dave have supported families using CRAFT since 2016. In 2022, we were really pleased to have completed the latest **Invitation To Change** Family Support training. Developed by the Center for Motivation and Change in New York. We love this approach, which is based upon science and kindness..

Alternat+ves ITC Zoom groups

- Free and open to all, no registration required
- Facilitated by parents with lived experience
- Absence of stigmatizing language and “advice”
- Positive holistic approach, cross talk welcome

Online
Zoom Link

Sun & Tues 6 pm UK (1 pm ET)
8149 8667 810

In person
E-mail

Brett Young Carers' Hub (B63 3ST)
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for joining details

Website

<https://www.alternat-i-ves.org>

