

# SOBER PARENTING JOURNEY

*This program helps parents explore past family patterns, begin to heal past wounds, and seize the opportunity to take a new path that involves personal responsibility, sobriety, and the mobilization of hope through focused action.*

## LOCATION

45 Union St.  
Littleton, NH 03561

## DURATION

2 hours a week for 14 weeks

## COST

FREE for EVERYONE!

Complimentary childcare, transportation and family-style meal is also provided for every session.



## WHAT'S IN IT FOR ME?

- ✓ Identify strengths and increase your resiliency.
- ✓ Build greater trust and connections to others.
- ✓ Become more confident in your recovery and more hopeful and optimistic about the future.
- ✓ Understand what it means to be a parent in recovery.



*This program is financed under a contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by SAMHSA*



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(603) 444-1300

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