



Sober Parenting Journey

What is Sober Parenting Journey?

Sober Parenting Journey is a 14-session group specifically designed for parents in recovery.

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.



Sober Parenting Journey will help you to:

- ✓ 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 good parent while struggling with challenges of recovery.

** This program is financed under a contract with the State of New Hampshire, Department of Health and Human Services, with funds provided by the Substance Abuse and Mental Health Services Association.*

GROUPS BEGIN SOON!

Find out more at www.northcountryserenitycenter.org or call us at
(603) 444-1300

Stop by and visit us at 45 Union St. Littleton, NH 03561.

YES, I am interested in learning more about Sober Parenting Journey. Please contact me using the following information.

Name (First, Last): _____

Phone Number: _____ - _____ - _____ Alternative Phone Number: _____ - _____ - _____

Email: _____