

Friends of Recovery- Vermont

Promoting peer-led support, education and advocacy for our community.

Mental Health
And
Substance Abuse
RECOVERY



FREE
No registration required!!
This is a substance-free event

4 Week Video Discussion Series

Mondays January 4, 11, 18, 25

6:30 – 7:45

At the

**Turning Point Center of Windham County
14 Elm St., Brattleboro**

Videos are followed by group discussion

1/04/10 STOP THE CHAOS

An essential “field guide” for anyone beginning life free from alcohol or other drugs. Living without alcohol or other drugs takes more than making a promise to yourself to stop. It means making fundamental changes in how you live day to day. Early in recovery, however, taking such steps can feel frightening, and, at times, even impossible. But it’s not impossible- as millions of recovering people can attest. (Hazelden)

1/11/10 PREVENTING RELAPSE

An important part of recovery from a co-occurring condition is being able to identify the triggers that cause relapse and the ways to prevent it from happening. This video includes crucial information about relapse, the basic steps of relapse prevention, and personal stories that illustrate the power of an individual relapse prevention plan. (Hazelden)

1/18/10 WHAT DO I SAY TO MY KIDS? By Claudia Black, Ph.D.

One of the greatest sources of pain to newly clean and sober parents is how their addiction impacts their children. In this warm and highly instructional video, Claudia Black offers mothers and fathers a language in which to talk with their kids of any age about drugs and alcohol.

1/25/10 HUMOR IN TREATMENT- by Mark Lundholm

“One hour of Marks show is worth six weeks of therapy.” Lori, San Jose, CA.

The word is out. Mark Lundholm’s long-awaited recovery focused DVD is seriously funny. With his trademark raw emotion and luminous wit, Lundholm shares the turbulence of his own addiction- and inspiring recovery since 1988- deftly moving his audience into the realm of hope.

Sponsored by the Vermont Integrated Services Initiative (VISI) AND Friends of Recovery-VT (FOR-VT)

***For more information, contact Friends of Recovery- Vermont
toll-free 1 (800) 769-2798***