The Celebrating Families!™ (CF!) training is for professionals and potential volunteers who are interested in learning how to facilitate this 16-session evidence-based support group model for families affected by addiction. CF! is proven to strengthen recovery, increase successful family reunification and improve healthy family living skills. Participants will also learn facts about alcohol, drug and brain chemistry, domestic violence risk and protective factors and how addiction affects the whole family.

This 2 ½ day training program provides the framework to a program site planning to offer CF!. Trainings introduce fundamentals unique to the program, and some of the complex challenges and subtle nuances sites may encounter when facilitating sessions with diverse families, with children of varying ages, throughout the 16 weeks:

- Session 1 – Getting Started
- Session 2 – Healthy Living
- Session 3 – Nutrition
- Session 4 – Communication
- Session 5 – Feelings and Defenses
- Session 6 – Anger Management
- Session 7 – Facts About Alcohol, Tobacco & Other Drugs
- Session 8 – Chemical Dependency is a Disease
- Session 9 – Chemical Dependency Affects the Whole Family
- Session 10 – Goal Setting
- Session 11 – Making Healthy Choices
- Session 12 – Healthy Boundaries
- Session 13 – Healthy Friendships and Relationships
- Session 14 – How We Learn
- Session 15 – Uniqueness
- Session 16 - Celebration

Participants will learn more about the curriculum, begin planning exercises from the sessions, and actually work present a few exercises to the group. It is generally suggested for a site to host the training at least 2-4 weeks before planning to begin the first cycle of the program.

Trainings are available in-person, or virtually, and can train for the in-person, hybrid, or virtual facilitation. For virtual programs, trainings help provide experience with a variety of methods to engage with families when providing sessions.

**Why Celebrating Families!™ Trainings?**
Staff and volunteers who will lead groups will receive customized feedback for the community goals of the program. Activities during the training put facilitators in the position of program participants, to experience firsthand what families will encounter during program cycles and to study common outbursts and management styles that successfully navigate delicate emotions of individuals and family units. Social workers, administration, agency staff and program volunteers can come together for team building as well as program skill building throughout the training.

**Celebrating Families!™ Train the Trainer Programs**
Organizations/agencies with experience hosting the CF! program (candidates must have led at least two cycles, one cycle leading a children’s group and one cycle leading an adult group) may consider arranging a Train the Trainer program for their area. The training includes detailed instruction for candidates, who will actually be guided through a group leader training for additional facilitators to enrich/expanding the CF! program.

If interested in the Celebrating Families!™ Training or the Train the Trainer program, contact Celebrating Families!™ Director of Programs: Mary Beth Collins, mbcollins@nacoa.org.

Celebrating Families!™ and ¡Celebrando Familias! are distributed by the National Association for Children of Addiction (NACoA)
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For more information on Wellbriety Celebrating Families, contact White Bison: 877.871.1495 or info@whitebison.org