



CELEBRATING FAMILIES!

Program Trainings

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 present a few exercises to the group. It is generally suggested for a site to host the training at least 2-6 weeks before starting 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/expand 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.

