

## Celebrating Families!

NA  
CoA

# Building Resilient Families. Healing the Impact of Substance Use Disorders

*"This program changed how we talk, how we listen, and how we love each other again."*

*-Celebrating Families! Parent Participant*



## About Celebrating Families!

Celebrating Families! (CF!) is a nationally recognized, evidence-based program designed for families with a parent or caregiver experiencing substance use disorder. This multi-generational program brings together children, teens, and adults in recovery to heal, learn, and grow together.



## Our Program

**16 engaging sessions offered in 16-week, 14-week, and 8-week formats**

- Teaching parenting & coping skills
- Building resilience in children & youth
- Addressing trauma & co-occurring issues
- Breaking the intergenerational cycle of substance use disorders



## Why It Works

- **91% of children** reported they feel "more hopeful about their family's future."
- **100% of parents** said they are good at protecting their child's safety.
- **89% of parents** reported improved communication and connection with their children.
- **94% of participants** reported reduced time drinking or using drugs.
- **93% no longer used substances** to cope with emotions like sadness or anger.

## Program Components

- Separate, age-specific breakout groups for ages 0-3, 4-6, 7-10, 11-13, 14-18, and adults
- Shared family meals and structured bonding activities
- Cultural and community adaptations available
- Facilitator training & support provided by NACoA national level trainers

## Target Audience

- Addiction treatment centers (inpatient & outpatient)
- Faith communities
- Family & dependency courts
- Treatment courts
- Community-based organizations & coalitions
- Child welfare programs
- Reunification needs
- Deflection programs

## Whole-Family Recovery

**Evidence-Based**

**Trauma-Informed**

**Family Focused**