

first call

Let's end the addiction crisis, together.

HOW TO COPE

A PROGRAM FOR FAMILIES AND FRIENDS
IMPACTED BY SUBSTANCE USE DISORDER



A seven-session course for adult family members and friends impacted by a loved one's substance use. How to Cope helps participants overcome the related physical, psychological, and social effects and build a healthy life for themselves. How to Cope is recognized by the National Association of State Alcohol/Drug Abuse directors as a research informed program proven to strengthen relationship skills and increase resiliency.



WHAT YOU'LL LEARN:

- Session 1: The Disease of Substance Use Disorder
- Session 2: Enabling Behavior Supports Substance Use Disorder
- Session 3: How Substance Use Disorder Affects the Family
- Session 4: How Substance Use Disorder Affects You
- Session 5: You Have Choices
- Session 6: You Can Make Decisions
- Session 7: You Really Can Cope

Classes can be tailored to your needs

**How to Cope at Church of the Resurrection
Overland Park, 95th and Antioch**

In-Person Only Class led by First Call

Tuesdays 6-8PM

3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6