



HOW TO COPE

at Church of the Resurrection

Overland Park, 95th and Antioch



4/15, 4/22,
4/29, 5/6,
5/13, 5/20,
and 5/27



Tuesdays
6:00-8:00PM



In-Person Only
Class led by First
Call

For loved one's impacted by addiction

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.