

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 Resurrection Brookside

5144 Oak St, Kansas City, MO 64112

In-Person Only Class led by First Call

Oct. 4, 11, 18, 25 and Nov. 1, 8, 15

Meal: 5:30 PM

Class: Sundays 6-8PM

Register at: firstcallkc.org/families/

