



Invitation TO CHANGE FAMILY GROUP

FOR FAMILIES AND FRIENDS OF PEOPLE STRUGGLING WITH SUBSTANCE USE

1st and 3rd Wednesdays of the month, 5:30 - 7:00 pm

VOLUSIA RECOVERY ALLIANCE'S HOPE HUB

454 S. Yonge, Suite A, Ormond Beach, FL

Entrance in back of old Pennysaver building on the South side



Are you tired of trying things that just aren't working for you or your loved one?
Ready to be part of a positive change?

THIS GROUP IS FOR YOU!

The Invitation to Change approach is built upon evidence-based practices that work. It is rooted in love and compassion, which you already have in abundance. It empowers you to be part of the change you'd like to see!

Join us to learn practices and tools that empower you to be part of creating conditions for change.

***"If you change the way you look at things, the things you look at change."* - Wayne Dyer**

This is a Learning and Practice Group, as opposed to a support group – we will be sharing tools, concepts, and practices from the ITC model each session and asking you to practice with them between sessions.

We welcome family members and friends of those struggling with substance/alcohol use issues. Learn how to encourage change for you and your loved one, in a place of openness and support.

This group uses the Invitation to Change Approach (ITC) as the basis for our discussions. This approach is grounded in compassion, connection, and the belief that you are not powerless – you can do something to help your loved one. ITC is based on the evidence-based practices of CRAFT (Community Reinforcement & Family Therapy), Motivational Interviewing, and ACT (Acceptance and Commitment Therapy).

In this Learning Group, connect with a supportive community and engage with tools and techniques to use in your daily life.

TOPICS FROM THE ITC APPROACH INCLUDE:

- How to understand your loved one's behavior
- What makes someone decide to change?
- What if they don't want to change?
- Figuring out what will work for your loved one and for you
- Talking about substance use
- Practical tools for encouraging change
- Taking care of yourself on this journey
- How to stay connected when things are hard

THIS GROUP IS FOR YOU IF:

- What you've been doing isn't working and you're tired of being angry and exhausted
- You are highly motivated and interested in change
- You are willing to focus on yourself and your role in creating change
- You are open and curious about learning new ways to be with your loved one
- You have the time, availability, capacity and desire to be a contributing group member (your presence really matters!)
- You are able to practice the tools, skills, and practices

IT'S IMPORTANT TO KNOW THAT THIS GROUP IS:

- NOT a support group – while we are supportive, our focus is on learning and practicing the ITC skills
- NOT a place where we will dive deep into your personal story
- NOT Grounded in 12-step principles

INVESTMENT:

- Your time, presence, and practice
- Purchase a copy of 'The Invitation to Change: A Short Guide' or we will have them available by donation at our ITC family group meetings or download weekly materials (link will be provided at our group)

POTENTIAL PAYOFF:

- Create conditions that are conducive to change
- Feel confident and empowered to practice new skills, tools, and practices in your relationships
- Improve communication and relationships
- Help your loved one in their recovery
- Decrease stress, increase wellbeing

Have any questions? Let us know and we will do our best to answer them!

Send an email to: Family.Recovery@VolusiaRecoveryAlliance.org

To learn more about ITC: <https://cmcffc.org/approach/invitation-to-change>

Learn an evidence-supported, compassionate approach that invites change.

VolusiaRecoveryAlliance.org