

# Sober Parenting Journey

*Addiction is complicated and difficult to overcome.*

*Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining sobriety, which can be both rewarding and daunting.*

*Sober Parenting Journey provides a valuable source of fellowship and support and enhances awareness of triggers that may bring about relapse.*

*Personal recovery, accountability, positive actions, and hard work are only some of the topics discussed by group members.*

*Participants in this class should have at least 90 days sobriety prior to the start of the class.*

*Tuesday evenings from 5:30-8:00 pm*

*Dinner served in class*

***14-Week Series begins***

***March 6, 2018***

*The Family Resource Center*

*719 No. Main Street, Laconia, NH*

*To register: Contact Tricia T. at*

***528-0391 or***

***e-mail [tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org)***

*Limited on-site childcare and assistance with transportation may be available upon request.*



The Linden  
Foundation

The Samuel P. Pardoe  
Foundation