

## Objectives:

Understand the Relationship between  
Alcohol, Anger & Abuse

5 Part Series

Understanding the Relationship  
Between Child Abuse, Neglect,  
Alcohol, and Other Drug Abuse

5 Part Series

The Nurturing Program

17 Different Topics Of Discussion 3  
Additional Just For Fathers

Examples:

Families & Substance Use

Feelings

Self- Esteem

Communication

Confrontation & Problem Solving

Managing Stress

Setting Boundaries

Safety & Protecting Children

Guiding Behavior

Knowing our Values

Being A Father, Part 1-2

## **JOURNEY PROGRAM**

If you or someone you know has dealt  
with a substance disorder this is a safe  
space for conversations with others  
that will support you!!

Contact the **JOURNEY** Program:

**Sally Kline**

**Phone: 717- 485-6767**

**Ext #255**

**[skline@fcfpinc.org](mailto:skline@fcfpinc.org)**

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Life Is A  
Journey  
Don't Do It Alone

## The Journey Program?

- ✓ The **JOURNEY** Program is for anyone who has suffered from the effects of any substance use disorder or knows someone who has.
- ✓ The **JOURNEY** Program is for all families! Families come in all shapes and sizes. When one person is struggling the whole family is struggling.
- ✓ The **JOURNEY** Program has an essential element of enhancing self-awareness, building self-nurturing skills and promoting nurturing relationships with others and your children.
- ✓ The **JOURNEY** Program will help parents understand the relationship of Alcohol & Kids Don't Mix. It will allow a safe space to have discussions with others without judgement.
- ✓ Evidence based programs recognized by National Registry of Evidenced-based Programs and Practices, Substance Abuse and Mental Health Services Administration, Office of Juvenile Justice and Delinquency, Center for Substance Abuse Prevention and Child Welfare League of America.



## Who Benefits?

### Parents & Caregivers

- Become aware of not only your child's needs, but also your own individual needs
- Improving self-worth
- Problem Solving
- Decision Making
- Negotiating Positive Change
- Compromise

### Children

- Positive role modeling
- Develop positive self-worth
- Learn the importance of rules
- Positive parent/child relationships

## Who can gain from this Journey together?

- Parents with children of all ages
- Mothers/fathers that need support
- Family members that struggle with a loved one
- Anyone affected by any type of substance

## Benefits of attending the Journey Program

- Share ideas and connect with other people in similar situations
- Grandparents who are raising their grandchildren
- Comfort and someone to listen for those who have lost a loved one
- Gain parenting skills to help enhance your child's development