

More About How to Cope

How to Cope is presented by trained facilitators.

The How to Cope curriculum:

- Educates participants about substance use disorders (recognized by the American Medical Association as a disease) and other addictions;
- Helps participants recognize how their loved one's disease is impacting their own physical, psychological and social wellbeing;
- Teaches skills for participants to regain a healthy lifestyle and build a stronger sense of self;
- Helps participants develop skills in boundary setting, decision-making, detachment and communication in order to restore balance in their lives;
- Addresses how enabling behaviors affect substance use disorder; and
- Creates an environment of support so participants feel empowered to share openly about their situation without judgment.

first call

