

Let's go — it's...

# Thursday Family Group Night



FOR FAMILIES IN RECOVERY

ONGOING CLASSES

Every **Thursday**  
**5:30 – 7:15PM**

To register, call 530.459.3481

Location:

Yreka Community Resource Center  
201 S. Broadway, Yreka



Dinner and child care are provided.

Participants' children of all ages are welcome.

No cost to participants.



In this series, participants will learn relapse prevention strategies and healthy parenting and relationship practices including self-care, anger management, effective communication skills. The core of this series is about growing positive and nurturing parenting practices.

These classes use the **Matrix Model**® curriculum, developed as a research-based approach to treating various types of drug addiction including addiction to stimulants. The goal of this program is to help users achieve abstinence through various relapse prevention techniques, and self-help programs.

## Our Facilitator — Toby Reusze

Toby Reusze is a Licensed Advanced Alcohol and Drug Counselor (LAADC-CA) specializing in alcohol and drug counseling with adolescents and adults and their families. She earned a Bachelor of Science degree, is a Certified Domestic Violence Facilitator, and has been a Family Educator for more than 15 years.

TALK, READ, SING, PLAY, EVERYDAY!

