

Recovery is
showing up!



THE PTR PROGRAM OFFERS

*A supportive and non-judgmental
environment*

*Women coming together to support each
other with their recovery and to identify
strategies to change their lives*

Encouragement and accountability

*Weekly in-home visits from a family
support worker*



Building Healthy Families
since 1988

To preserve, stabilize, and strengthen
families in our community through
education, training and support.

1390 K.L.O. Road
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www.buildinghealthyfamilies.ca

Funding for our programs provided by
Ministry of Children & Family Development,
United Way, and a Private Donor.

PARENTING THROUGH RECOVERY
PROGRAM



Building Healthy Families
since 1988

ABOUT

PARENTING THROUGH RECOVERY is a training and support program designed to improve health, well being, parenting and life successes of substance addicted mothers.

10 weeks

Monday and Wednesday
1:00 - 4:00 pm

at Building Healthy Families
1390 K.L.O. Road
Kelowna, BC

Cost: FREE

For more information
call our office at
250-861-4933

TOPICS

- Self-awareness
- Trust
- Boundaries
- Honesty
- Problem Solving
- Playing your tape to the end
- Core needs
- Discipline
- Age appropriate expectations
- Parenting clean and sober

REFERRALS

Referrals for our services are accepted from Ministry of Children and Family Development, Public Health, community agencies, family and friends, or self.



*"Courage does not always roar,
sometimes it's that quiet voice,
at the end of the day that says,
"I will try again tomorrow."*

Mary Anne Radmacher