



Families CARE

Helping Families Cope and Relate Effectively

FACILITATOR'S MANUAL

Sukhi Bubbra · Andrea Himes · Colleen Kelly · Joanne Shenfeld ·
Christine Sloss · Linda Tait

- 332 pages • Paperback • Published 2008 • ISBN 978-0-88868-705-0
- Product code PM081 • \$29.95

Families CARE is a group-based program that helps family members Cope And Relate Effectively with the person who has a substance use problem.

The program offers education, support and skills development. Family members learn about, discuss and practise such skills as coping, grieving, dealing with emotions, solving problems, setting goals, communicating, setting limits, supporting and responding to the person with a substance use problem, and helping children affected by a family member's substance use.

The facilitator's manual consists of 18 modules that include:

- objectives and session outlines
- teaching points and discussion
- handouts that provide information, clinical exercises and home practice for clients to use during the sessions and at home.

Table of Contents

- Introduction
- Implementing the program
- Module 1: Starting out
- Module 2: Understanding substance use problems and their effect on families
- Module 3: Taking care of yourself
- Module 4: Finding support
- Module 5: Managing stress
- Module 6: Using religious and spiritual resources
- Module 7: Staying safe and managing crises
- Module 8: Grieving and coping
- Module 9: Managing emotions
- Module 10: Communicating effectively with a person who has a substance use problem
- Module 11: Problem solving
- Module 12: Setting goals and making change happen
- Module 13: Responding to a person who has a substance use problem
- Module 14: Supporting the recovery of a person with a substance use problem
- Module 15: Setting limits with a person who has a substance use problem
- Module 16: Helping children affected by substance use in the family
- Module 17: Finding hope

More information about *Families CARE* is available at www.camh.net.

To order, contact Sales and Distribution

Tel.: 1 800 661-1111 or 416 595-6059 in Toronto

E-mail: publications@camh.net

Fax or mail: Use order form on the other side of this sheet.

