

ONLINE SUPPORT GROUP

NEXUS
COALITION

www.NexusCoalition.org

HELPING THE HELPER

EXTRAS



PODCAST -*Rethinking Rock*

Bottom by CMC Foundation For Change

ABOUT THE GROUP

Designed for families and loved ones of people struggling with substance use and other compulsive behaviors. The support group is run following *The Invitation to Change Approach (ITC)*. It is a holistic helping framework based in science and kindness. Groups invite you to reflect on what it means to help, reimagine the role that loved ones can play in the change process, learn evidence-supported strategies for helping, and gives you a safe space to practice these new strategies!



BOOK -*Beyond Addiction*



CMC TRAININGS:

SCAN:



WHAT YOU'LL LEARN

- ✓ Self Compassion
- ✓ Understanding Behaviors
- ✓ One Size Doesn't Fit All
- ✓ What Does Ambivalence Mean?
- ✓ Communication Tools
- ✓ Behavior Tools
- ✓ Encouraging Positive Behaviors
- ✓ That You're Not Alone!

FACILITATOR

Destiney Hall

- Program Coordinator for Nexus Coalition
- Certified Life Coach
- Certified Peer Support Specialist
- Level 1 Invitation to Change Certified



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