



## P R E S S   R E L E A S E

Oct. 2, 2006

### **Free Support for Parents in Recovery**

Falls Village—This fall, the Housatonic Youth Service Bureau's "Family Solutions" is offering a Wednesday evening support and discussion group for parents in recovery from addiction and those who co-parent with them.

Explore unhealthy, discouraging parenting patterns brought on by substance abuse and discover how to restore relationships and rebuild families. Topics include emotional honesty; self-acceptance; non-punitive parenting skills; setting limits; improving communications; and establishing healthy boundaries and routines.

The course begins Oct. 18<sup>th</sup>, and continues on Nov. 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>, from 6:30 to 8 p.m. each night at the Housatonic Valley Regional High School in Falls Village. The course is free and registration is available by calling Foothills Adult & Continuing Education at 800-300-4781. Childcare can be provided with advance request to HYSB at 860-824-4720.