



STEPPING STONES AGENCIES EDUCATIONAL CLASSES

WHO:

Men and women interested in gaining insight into their own relationships, drug abuse, mental health issues or other victimizations.

WHAT:

Educational groups facilitated by Stepping Stones Agencies' advocate. Learn effective ways to address unhealthy or painful experiences, from the past to the present that may have an impact on our everyday lives and relationships. There are no fees for these sessions!

WHERE:

Next Chapter Recovery Book Store
1670 Willow Creek Road, Suite A, in Prescott
(In the Sante Fe Office Park)

WHEN:

Wednesdays 9 - 10:30 am
Thursdays 12:30 - 2 pm
Fridays 9 - 10:30 am
Saturdays 12:30 - 2 pm

Call to sign up for one of these groups OR make an appointment for what works for you.

SIGN-UP:

Call us Wed-Sat from 9 am - 2pm: **928-460-4044**

If you need to talk at a different time, call an advocate on our 24/7 helpline: 928-445-4673



EXAMPLE OF EDUCATIONAL CLASSES OFFERED:

WHAT IS ABUSE

Explore the different forms of abuse used to force, manipulate, and control another person or situation in an effort to create the illusion of power.

OUR HISTORIES

Explore the messages you have received and the memories you now have from those who were part of your family while you were growing up and their impact on your life.

FAMILY ROLES

In our families we develop roles that fill certain needs in our family structure. Learn about and discuss these roles and their impact on our lives.

NURTURING

Explore we were parented and our childhood messages/roles, etc. that have a profound effect on how we now parent our own children. We do this by exercises on re-parenting our own inner child.

CO DEPENDENCY AND BOUNDARIES

Discover how healthy your boundaries are and how to stop helping others in an unhealthy way and begin caring for yourself.

FEELING REALITIES vs. CARRIED FEELINGS

An in-depth discovery of what our reality is and what emotions we are carrying around that actually belong to someone else. Learn the difference and the importance of getting rid of emotional baggage that doesn't belong to us as well as how to appropriately express those emotions that we do own.



ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES

Compulsive behaviors or chronic illness is often the core of a dysfunctional family. Learn how parents who are using chemicals or are in unhealthy relationships create an environment where the needs of children are not being met.

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April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			9:00am - 10:30am Adult Children of Dysfunctional Families	12:30pm - 2pm Codependency and Boundaries		12:30pm - 2pm Nurturing
7	8	9	10	11	12	13
			9:00am - 10:30am What is Abuse?	12:30pm - 2pm Our Histories	9:00am - 10:30am Family Roles	12:30pm - 2pm Adult Children of Dysfunctional Families
14	15	16	17	18	19	20
			9:00am - 10:30am Codependency and Boundaries	12:30pm - 2pm Feeling Realities vs. Carried Feelings	9:00am - 10:30am Nurturing	12:30pm - 2pm What is Abuse?
21	22	23	24	25	26	27
			9:00am - 10:30am Our Histories	12:30pm - 2pm Family Roles	9:00am - 10:30am Adult Children of Dysfunctional Families	12:30pm - 2pm Codependency and Boundaries
28	29	30				