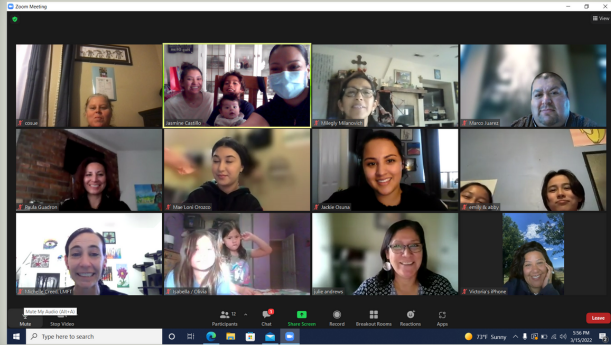
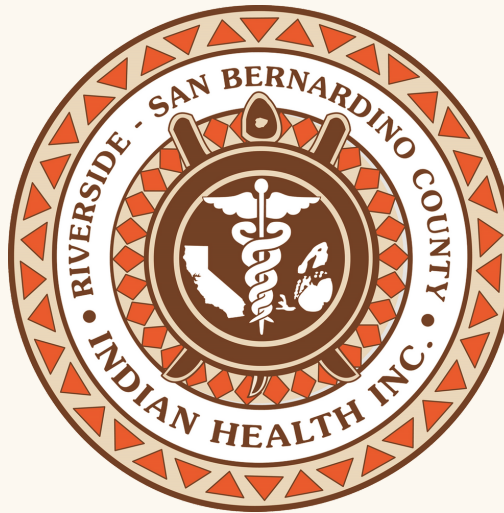


Program Information



Celebrating families is a grant funded prevention program through Riverside University Health Systems in collaborations with Riverside San Bernardino County Indian Health Inc.

Celebrating Families is a 11-week program designed to help all members of the family heal and build vital healthy living skills. Our goal is to encourage a healthy family dynamic and to promote resiliency while reducing intergenerational trauma by learning new coping skills and incorporating talking circles. Our target populations include families who self-identify as Native American and/or Indigenous.



Let's Connect

Phone

(951) 849-4761 EXT. 1436

Website

www.rsbcih.org

Morongo Office

11555 1/2 Portrero Road
Banning, Ca 92220

Facebook



Healthy relationships
in families depend
upon understanding
the feeling level of
connectedness.

-Wellbriety Movement

Funded by: Riverside University Health Systems
Behavioral Health, Mental Health Services Act

Objectives

- Designed to work with every member of the family.
- Focused on recovery and breaking the cycle of addiction while increasing positive family interactions.
- Increase knowledge and use of healthy life skills.
- Partner with Family Treatment Drug Courts and other agencies that serve children and families impacted by addiction to alcohol and other drugs.
- Native American adapted trauma focused Cognitive Behavioral Therapy(CBT) is another component offered within the program. To provide individual, family, and/or group interventions with participants experiencing emerging symptoms of depression and anxiety.



Medicine Wheel Teachings

In partnership with Wellbriety and Celebrating Families! Cultural Teachings: A family healing program based upon the Medicine Wheel which integrates traditional Native teachings and indigenous practices as a framework.

The Concept of 4 directions of wellness is incorporated into every lesson to provide a frame of reference for which direction, season, life stage of development is being addressed.

Session Topics

Week 1: Orientation

Week 2: Healthy Living and Nutrition

Week 3: Communication, Feelings & Defenses

Week 4: Anger Management

Week 5: Facts About Alcohol, Tobacco & Other Drugs (ATOD)

Week 6: Chemical Dependency Is a Disease

Week 7: Chemical Dependency Affects the Whole Family

Week 8: Goal Setting and Making Healthy Choices

Week 9: Healthy Boundaries Healthy Friendships and Relationships

Week 10: How We Learn Our Uniqueness

Week 11: Celebration!

Family meals and supplies provided for each session.

Online and in person sessions available.