

Project FOCUS

Families **O**vercoming **C**risis and **U**nderstanding **S**trengths

Are you concerned about a family member's use of alcohol or other drugs?
Do you have a family member in recovery or are in recovery yourself?

Project FOCUS is a FREE support program for parents, caregivers, and youth ages 6-15.

Individual youth/adult groups learn:

- Skills to reduce anxiety
- Healthy ways to care for self
- About addiction
- Appropriate ways to express feelings
- Safe decision making
- That it's not their fault
- That you are not alone

Youth groups use specially designed games and activities to help children play their way to health and understanding.

FREE pizza dinner is provided nightly.
FREE Childcare is also available for children ages 3-5 years old.

Mondays

November 21, 2011

December 12, 2011

January 9, 2012

February 13, 2012

March 12, 2012

April 16, 2012

6:00 — 8:00 pm

**First Presbyterian Church
168 Cass Avenue
Mt. Clemens, MI 48043**

**Call now for more information and
to receive a registration packet.**

586-541-0033

or visit www.careofsem.com



CARE's mission is to educate, link and support individuals, families, businesses and communities affected by family concerns, workplace challenges, mental health conditions and the misuse of alcohol, tobacco, and other drugs in southeastern Michigan.

