

KIDS' CONNECTION

Support Group for Children Who Love Someone Struggling With Alcohol and Drugs
Beginning Wednesday, February 15, 2017

The Kids' Connection Support Group for Children who love someone struggling with alcohol and drugs is for youth ages 6 to 17. Loving someone who struggles with alcohol or drugs can be confusing and painful. For children and teens this can be especially challenging since often no one wants to talk about it. Feelings of isolation, guilt, shame, anger and fear are not uncommon. The simple act of talking about the situation with someone else that has or is experiencing the same thing can be remarkably helpful. The Kids' Connection Support Group for children and youth who love someone who struggles with alcohol or drug misuse creates a safe, supportive environment for them to share their feelings and learn healthy coping skills. With a trained group facilitator and their peers they learn they are not alone, the problem is not their fault and that there is hope! The group is not therapy or counseling but intended to offer a safe place for children to share their feelings about a loved one's addiction and to learn healthy coping skills.

Date	Session Topic
Wednesday, February 15	Individual Intakes
Wednesday, February 22	Getting to Know You
Wednesday, March 1	A Celebration of Me
Wednesday, March 8	Feelings
Spring Break	Spring Break
Wednesday, March 22	Handling Anger
Wednesday, March 29	Dreams & Goal Setting
Wednesday, April 5	Making Healthy Choices
Wednesday, April 12	Friends
Wednesday, April 19	Resisting Peer Pressure
Wednesday, April 26	Putting It All Together
Wednesday, May 3	Celebration & Commitment

Kids' Connection Support Group Session Format: Each session follows the same format, providing consistency and pro-social rituals in a safe, appropriate setting and includes:

- **Ice Breaker/Warm up**
- **Group Rules of Respect:** Group members help create and agree to rules of interaction that demonstrate and reinforce respect.
- **Opening Ritual/Sunshine & Cloud:** Each session opens with a process to allow students to share "where they are," how they are feeling, what kind of day or week they have had and/or any major personal concerns, issues or need they may have. This is a highly structured, quick-paced process similar to a 12-step program with no feedback other than active listening from members and the facilitator. It is a totally voluntary process to allow participants to have a personal voice that is heard without judgment and in confidence. ***Everyone has the right to pass.***
- **Guided Discussion/Activity:** The facilitators lead an open discussion about the topic, eliciting group members' ideas, thoughts, experiences and feelings. Introspection is encouraged. A creative activity and/or game is utilized to engage participants and reinforce the session topics.
- **Closing Ritual:** Each session ends with the same closing ritual which reinforces the session's Major Message.