



Wellness Announcement

Invitation to Change (ITC) Support Group now in Arlington!

What is ITC?

A community that welcomes the family and friends of those struggling with substance use issues

- Learn how to encourage change for you and your loved one, in a place of openness and support.
- The Invitation to Change Approach (ITC) is grounded in compassion, connection, and the belief that you can do something to help your loved one.
- Here, connect with a supportive community and engage with tools and techniques to use in your daily life.

Topics from the ITC approach include:

How to understand your loved one's behaviors.

What makes someone decide to change?

What if they don't want to change?

Figuring out what will work for your loved one.

How do I talk to them about abuse substance use?

Practical tools for encouraging change.

Taking care of yourself on this journey.

How to stay connected when things are hard.

*The ITC was developed by Jeffrey Foote, PhD, Kenneth Carpenter, PhD and Carrie Wilkens, PhD who also partnered on their pioneering book Beyond Addiction. Their website is www.cmcffc.org. The ITC model brings together a number of evidence-based ideas and approaches with the goal of creating a model of "science and kindness". With its "One size does not fit all" approach – it allows for diversity and inclusiveness.

This group is free and open to the public.

Text or Call Paula Shulman, facilitator, at **802-379-5117** to register or for questions.

Location: The Arlington Common 3938 Rt 7A – Arlington, VT 05250

Dates: Thursdays at 6pm – Beginning January 26, 2023

Paula Shulman, LICSW – LADC, lives in Arlington, Vermont, raised her daughter here and runs a private practice in addition to working as the Evaluator for the Impaired Driver Rehabilitation program for Bennington County.

