



WYNNS family psychology
expert solutions for kids, teens & families



Spring 2019

Substance Abuse Psychoeducation Saturday!

A Workshop on how to best support your family, friends, (or yourself!) who *may* be struggling with addiction



- Do you, or a family member, have concerns substance use or addictive behaviors?
- Do you, your partner, or another family member use alcohol or other substances in larger quantities than intended, more frequently than intended, or struggle to not have that second, third, or fourth drink each night?

- Do you find yourself feeling overwhelmed, angry, or arguing more frequently with your family member regarding their substance use?
- Are you becoming concerned about your, or a family members, usage patterns and are looking for more information in a safe, nonjudgmental environment?



Mental and substance use disorders affect people of various ages, gender, race, and ethnicity. These illnesses are common, recurrent, and often serious, but they are treatable, and many people do recover. Learning more about substance use disorders can help you recognize the signs of addiction and how best to seek help.

During our 3-week substance abuse psychoeducation workshop, you will have the opportunity to enjoy light snacks/refreshments while learning the following:

- Learn tips, suggestions, and available area resources relating to substance abuse treatment, including *how you can help your family member, and how to take care of yourself as well*. **A comprehensive list of resources (i.e., treatment providers in the area, groups, local and non-local substance use treatment facilities, blogs, books, etc.) will be shared with each attendee upon workshop completion.**
- Learn what a substance use disorder is, how to potentially identify it, and how to decide if professional help may be warranted
- Learn about the stages of change, and how to assess where you or a family member may be in terms of their readiness for change
- Learn about and discuss the disease model of addiction
- Learn basic information relating to the coexistence of both a mental health and a substance use disorder
- Have your questions and concerns answered in a safe, confidential, nonjudgmental, and professional atmosphere

When: Session 1 in Cary (3 sessions): Saturday from 10am-11am; March 23rd – April 6th
 Session 2 in Cary (3 sessions): Saturday from 10am-11am; April 27th – May 11th

Where: [The Offices of Wynns Family Psychology, Cary Location](#)
 Cary Office: 130 Preston Executive Drive, Suite 202, Cary, NC 27513

Leader: **Brittany Bate, Ph.D.**
Dr. Bate has extensive experience and training in providing substance abuse psychoeducation, individual-, and group-treatment across a wide variety of settings and with diverse populations.

Age: 18 and over
Please note if you are a **parent who is concerned about your child's potential substance use, this group is also appropriate and will provide useful information and suggestions for how best to address your child's substance use*

Fee: \$165 for the 3 day workshop, with an \$85 nonrefundable deposit to guarantee registration. *Registration includes light refreshments to be provided each session.*
 (Deposits and advanced payments are non-refundable.)
 10% Discount for registering March 12th !
***Reduced fees offered per person for multiple family members attending.**
Two family members = 145/pp for the 3 day workshop; Three or more family members = 140/pp for the 3 day workshop.

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com. Visit WynnsFamilyPsychology.com to learn more about the practice and the [group leaders](#). Light refreshments will be provided. Please let us know of any food allergies in advance.