



*Gain essential tools and knowledge to assist families affected by substance use through the comprehensive ITC Approach Training*

## Have a Loved One Struggling with Substance Use?

### Invitation to Change Support Group

#### Who is Invitation to Change for?

Anyone who is a support system to someone who is struggling with substance use

#### 15 Week Group Sessions Start:

February 5, 2025

#### 15 Week Group Sessions End:

May 21, 2025

#### Day & Time:

Wednesdays 11 AM – 12:30 PM

#### Location:

Kansas City Public Library:  
Lucile H. Bluford Branch  
3050 Prospect Avenue  
Kansas City, MO 64128

#### What is Invitation to Change?

The Invitation to Change (ITC) is a holistic helping model for families affected by substance use. Participants will leave the group with a complete set of tools for empowering families to support their loved ones effectively.

#### Goals of the group include:

- Helping family members understand the behaviors associated with substance use
- Providing strategies that can help your loved one want to change and start to change
- Supporting the practices of self-awareness and self-compassion needed to sustain yourself on this challenging journey
- Creating a space of compassion and kindness, where family members can share their feelings and experiences with others who understand

#### Facilitators:

Kreasha Williams & DeAndrea Chatmon

#### Length of Group:

15 weeks

#### Cost:

Participation is free!

#### Questions?

For more information, contact

[Amber.Takens@uhkc.org](mailto:Amber.Takens@uhkc.org)

The Mid-America ATTC is a partnership between University Health Behavioral Health and the University of Missouri-Kansas City School of Nursing and Health Studies in Kansas City, MO. We are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) to support the behavioral health workforce in HHS Region 7: IA, KS, MO and NE

Visit our website at:

<https://attcnetwork.org/center/mid-america-attc/>

