



Beyond Addiction

Join us on March 20-21, 2020

A Free Workshop for Parents, Family Members,
Recovery Communities and Caregivers

Attendees will learn the Invitation to Change (ITC) approach:

- A new way of thinking about substance use, addiction, and recovery
- Skills and strategies to help facilitate change in a loved one dealing with addiction
- Discussion on how to combat shame and promote self-compassion
- Take-home exercises to use with loved ones, clients, and for yourself

Friday, March 20th, 6pm to 9pm

Historic Lane Auditorium in Colonial Williamsburg

"Let's Talk Addiction and Recovery"

Fireside Chat with Edward Grinnan, Jan Brown and Dr. Carrie Wilkens

Saturday, March 21st, 9am to 4pm

Bruton Parish Hall in Merchants Square

All-Day Training

A practical, compassionate and research-proven roadmap for addressing addiction
Workshop conducted by Dr. Carrie Wilkens CMC: Foundation for Change

To register go to: www.spiritworksfoundation.org



Carrie Wilkens, PhD,
Co-Founder and Co-Executive Director of CMC:
Foundation for Change

Dr. Carrie Wilkens, PhD

Co-Founder and Co-Executive Director of CMC: Foundation for Change, Dr. Wilkens co-authored an award-winning book, *Beyond Addiction: How Science and Kindness Help People Change* with Dr. Jeffrey Foote and Dr. Nicole Kosanke. Together they also contributed to a user-friendly workbook for parents: *The 20 Minute Guide: A Guide for Parents about How to Help their Child Change their Substance Use*. CMC: Foundation to Change is committed to changing the conversation around addiction. The nonprofit provides resources, tools, and hope to the families and loved ones of people who are struggling with substance use.

Jan Brown

The Rev. Jan M. Brown is the Founding/Executive Director of SpiritWorks Foundation Center for the Soul, a recovery community organization with recovery centers in Williamsburg and Warrenton, Virginia. An ordained Deacon in the Episcopal Church, presently serving at Bruton Parish Church in Williamsburg, Jan serves as the Chairperson of the Board of Directors of Faces and Voices of Recovery, Recovery Consultant on SAMHSA States Targeted Response (STR) Technical Assistance Center Team, Consensus Panel member for the SAMHSA TIP—Peer Recovery Support Specialists and co-chair of the Addictions and Recovery Commission for the Diocese of Southern Virginia. The Rev. Brown was recently included in the [Online Museum of African American Addictions, Treatment and Recovery](#) as one of the Historical Pioneers, most notable among the African Americans Who Have Made (and are Making) a Difference in Promoting Resistance to and Recovery from Alcohol and Other Drug Problems.



**Jan Brown, Founding/
Executive Director of
Spiritworks Foundation**

About Guideposts

Guideposts has served the addiction/recovery community since 1947. As a non-profit technology and media organization, Guideposts uplifts people through hope-filled story-telling...R2Q, a Guideposts venture, seeks to ensure that all people seeking recovery find peace.

**Hosted by SpiritWorks Foundation and
Guideposts**

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