



Have a loved one who struggles with Addiction?

Drugs	Alcohol	Food	Vaping
Gambling	Video Gaming	Self-Harm	Internet/Sex Addiction

At Clean and Living our goal is your goal, moving your loved one towards recovery and helping you feel better and get your family back on track.

Here's one thing we know about families with an addicted loved one: Attempts to control or help your loved one, showing anger or resentment, or inducing guilt won't work.

There is a much more effective approach, ***Influence***. We will show you authentic ways to re-frame your words to have the maximum positive effect on your loved one.

We'll teach you how to foster the sense that you and your loved one are on the same side. Then you will become much more effective in motivating your loved one to change.

If you're serious about getting help for your loved one's drug or alcohol problem. Attend the Clean and Living Family Support Workshop.

Build your recovery capital toolbox to better support a loved one struggling with addictions.

You can motivate a loved one who uses drugs and/or alcohol to develop the inner strength they need to create change for a healthier life...

...without conflict and without needing extensive knowledge on addiction to be successful.

Attend the Clean and Living Family Support Workshop, January 24-25-26, 2020 in Grande Prairie.



With Tom Halapatz

Family Intervention and Recovery Coach

Clean and Living Training has 4 goals:

- To teach skills to decrease a loved one's substance abuse. Meet a loved one where they are at and celebrate small successes together.
- To teach skills to motivate a loved one to change for the positive. Which means, working together to discover what recovery looks like. Making changes on their own or with the help of professional treatment.
- Early intervention to create prevention of substance misuse.
- To de-stress and stop living every day out of fight or flight and feel like you have a life again.

The Clean and Living Family Support Workshop

In this workshop you will learn:

Motivating someone to change is not a deficit of desire it's a deficit of skills.

Knowledge

- What is addiction?
- Motivation – what motivates people to be empowered to change?
- Change - how people change?
- Ambivalence – what prevents change. The stages of change and how to progress through them.
- Self-Efficacy - how you can strengthen a belief in the ability to persist in achieving a goal.
- Self-Determination - how you can instill an internal long-term drive to change and stay in recovery.

Skills

- Communicating with someone a substance abuse disorder is an art and a science and learning how to do so is crucial to family recovery. In the communication module you will learn how to connect in new ways that will allow them to open up and share when it hurts, and ask for help when it does. Invaluable skills for anyone!
- How you can zero in on sources of motivation that will make change appealing and possible.
- How you can use positive communication. Drawing on collaboration rather than confrontation and conflict.
- How to address resistance, manipulation, and objections. i.e. “Marijuana is legal, you did drugs when you were young, I’m fine, I only use cocaine once in a while”

Process

- How you can approach the topic of and have meaningful conversations about positive changes.
- Behavioral strategies that discourage substance use and reinforce constructive, non-substance using positive behaviors.
- Set boundaries to get a handle on the chaos.
- How you can solidify action and follow through in a motivated person.
- Know where to go and how to get there, rather than winging it when emotions are high.



Clean and Living Training provides a comprehensive and understandable roadmap.

We will show you how to implement these practical tools in your personal and professional life and save you a lot of time money, and most important pain.

Delivered in a professionally facilitated highly interactive format. We will show you exactly how you can implement these practical tools, step by step, word by word, what to say, what not to say, what to do and what not to do to re-enforce your loved ones internal strength and motivate them to create change for a better life.

Our mistakes, as much as our Loved ones mistakes, can be a matter of life or death.

...not saying a thing, tippy-toeing around sensitive issues, approaching the conversation awkwardly, clumsily or aggressively, may inadvertently encourage substance misuse.

...addiction is a progressive disease; procrastination, denial and time will only entrench the addiction, making it harder to change.

...coping requires that you minimize or tolerate stress and conflict.

...fear, stress, obsession, health problems, stigma, and financial losses make life unmanageable for the family.

Clean and Living's gentle, optimistic, explanatory approach offers families a new focus, and the possibility to have peace of mind and to be happy again.

Families can play a significant part in the journey to recovery, and reduce the chance of relapse.

Although we cannot force anyone to change, we can show that change is possible and achievable.

This power packed workshop is worth every penny, we know because we've seen so many lives changed.

There are no guarantees, but this is your best fighting chance.

Attending this workshop is the best way to deliver lasting change without stress, conflict and uncertainty.

Registration:

Early Bird pricing until December 15, 2019, \$595.00 per individual or \$995.00 per couple plus taxes.

Pricing on December 16, 2019, \$695.00 per individual or \$1095.00 per couple plus taxes.

Registration closes on January 15, 2020 and is first come first serve.

Limited seats available. (50)

If money is a challenge, please contact us for possible tuition co-sponsorship.

Register at www.cleanandliving.com/gp

For more information: Contact Tom Halapatz

E: info@cleanandliving.com C: 780-914-2765

Details:

Dates: January 24-25-26, 2020

Location: Richmond Reception Centre, 11802 99 Ave, Grande Prairie, Alberta

Time: 9 a.m. to 5:30 p.m. each day.

FAQ's

Who should attend? Parents, Step Parents, Sons, Daughters, Brothers, Sisters, Grandparents, Spouses and Employers. Families have influence. Your role is crucial.

Why 3 days? We need time to work together and you need time away to get a breath of fresh air and learn in a safe understanding environment. If you feel alone, isolated, this is an opportunity to make some new empathetic friends.

Why is it important to attend now? Waiting only allows the chaos to grow and the impact to worsen. It will give you the momentum to get your loved one into treatment.

Why the investment? This is a professionally facilitated program for Families and Friends with an addicted person in their life...That works!

Instead of continuing to pay the highest price imaginable, invest in yourself to learn how you can better support your loved one. Nurture their inner strength to create positive changes and live a happier, healthier life. Recovery is a long bumpy road but when working together it's a lot more manageable.

The reason why we're sharing this is sometimes we focus on money, not what we can gain from the experience.

Testimonials

"I wanted to take a moment to thank you for sharing your time, wisdom, and expertise on addiction. Your knowledge and guidance on enabling has saved me many years of frustration and pain. The impact you have made on my family is remarkable." Peter D. Atlanta, Georgia

"Clean and Living helped me realize my efforts only reinforced my husband's drinking. I never knew what was happening to me, every positive thing I did seemed to backfire, he drank more than less. Tom taught me how to help him be responsible again in a way that was his idea not mine. We've since rekindled our relationship and live a sober life style focusing on what's important to us. Investing in myself was one of the best investments I could've made to help us." Shelly D. Edmonton, Alberta

"My teenage daughter started smoking pot and drinking in high school. I thought it was a phase she was going through until she started using Meth. As her mother I felt I had a responsibility to always be there to help. I did everything I could. I spent money over and over, bought her what she needed, paid debts and rent, would do anything for her. Over the years the financial aspect has been horrendous, we almost lost our retirement savings due to a mistaken financial responsibility. It's often hard and very painful when you don't know what the right thing to do is. I was confused, very confused. Clean and Living taught me how to communicate with her in a kinder way. She's opened up about her feelings and the meth addiction and we talk deeper now than ever before, where previously we just fought or didn't talk at all. I was patient and persistent and used every C.A.L. approach to get her into treatment. Clean and Living has been a blessing for my family." Kim J. Vancouver, B.C.

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