

**JOIN US!**

# INVITATION TO CHANGE WORKSHOP

PRESENTED BY DR. JEFF FOOTE AND MEG MURRAY

**Saturday, October 19, 2024 | 9am – 1pm**

**Berkshire South Regional Community Center**



## **A half-day workshop on ways to support someone struggling with addiction.**

Learn more about the Invitation to Change (ITC) approach, a holistic, evidence-backed approach to helping a loved one struggling with substance use or other compulsive behaviors. Based on science and kindness, this workshop will offer a set of practical and compassionate tools to help your loved one, including:

- Improving communication
- Building trust
- Talking about substance use
- Restoring connection

**This is a FREE event!**



**SOUTH BERKSHIRE COMMUNITY HEALTH COALITION**

**SCAN TO REGISTER!**

[www.rsyp.org](http://www.rsyp.org)