

We provide support and guidance to families struggling with their child's substance use.



drugfree.org

Our website has resources, guides and tools that include evidence-based approaches to help **change the family dynamic** and the way families support a loved one with addiction:

- Learn effective ways to communicate about substance use
- Develop behavior management skills to encourage healthier choices
- Get hope and support from other parents

Help & Hope by Text

Sign up to receive **tailored resources and skills** delivered via text message.

- ✔ Text **JOIN** to **55753** to take a brief assessment about your child's unique situation and begin receiving ongoing support.

Parent Helpline

Our bi-lingual, trained and caring specialists provide **compassionate, one-on-one support** by listening to families' challenges and helping them develop an action plan that will help their child work toward recovery.

Connect with us:

☎ 1-855-DRUGFREE

✉ Text

💬 Facebook Messenger

✉ Email

📄 Visit drugfree.org/helpline for more information.

Parent Coaches

Parents can connect to one of our trained volunteer Parent Coaches for peer-to-peer support. Get guidance and advice from **someone who has "been there"** and also struggled with a child's substance use.



We are **committed to helping families** struggling with their child's substance use.

We **empower families** with information, support and guidance to get the help their loved one needs and deserves.

And we **advocate** for greater understanding and more effective programs to treat the disease of addiction.



centeronaddiction.org
drugfree.org