

What is 'How to Cope'?

Do you have a loved one or friend who struggles with substance use?

Do you want to learn how to better handle the emotional, physical, and social strain that can come with having a loved one that struggles with substance use?

How to Cope

a class for adults

In this group people will find techniques for building a healthy life for themselves, ways to strengthen relationships, build resilience, and most importantly find co-occurring support & understanding - you are not alone.



How to Cope

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How to Cope is a FREE seven-session course for adult family members and friends impacted by a loved one's substance use.

How to Cope is recognized by the National Association of State Alcohol/Drug Abuse directors as an evidence-based program proven to strengthen relationship skills and increase resiliency. Find our monthly class dates online. Afternoon, evening, and both in person or hybrid classes available.

For questions or to register Contact Nhi Tuggle, LMSW Family Services Counselor, 816-800-8044.

find dates at times at
www.firstcall.org/families