

# STEP



## FAMILY SUPPORT, TRAINING & EDUCATION PROGRAM

**WHEN:** Every Thursday 6:30 to 9:00 p.m. Families may join us at any time during the series.  
**WHERE:** Online via ZOOM. Contact Shelley Danser at [sdanser@skylandtrail.org](mailto:sdanser@skylandtrail.org) or 678-686-5956 for info.

DATE	TOPIC
11/2/23	<b>Strategic Plan Update with Beth Finnerty, Skyland Trail President &amp; CEO</b> Beth will provide an update on Skyland's Strategic Plan that was approved in December 2022. She will discuss the four core pillars and strategies/action steps for future direction of the organization.
11/9/23	<b>Neurobiology of Addiction with Sarah Overton, LCSW</b> Understanding addiction as a long-term, chronic disease involving the brain with potential for both recovery and relapse over the life span enables clinicians and clients to approach recovery with compassion and evidence-based interventions versus shame and stigma. Attendees will learn about key areas of the brain involved in the development of substance use disorders as well as how chronic substance use impacts mental health symptoms and vice versa.
11/16/23	<b>Pillars of Self-Care and 50 ways to 'Take a Break' with Shelley Danser, CTRS</b> Let's talk about how to do self-care - deliberately! We will explore different activities that provide improvement in our overall health and well-being. Through these intentional actions we are able to fulfill an area of need and better manage our stress and plan our days and choices with intention.
11/23/23	<b>No Meeting- Thanksgiving Holiday</b>
11/30/23	TBD
12/7/23	<b>Managing Anxiety Around the Holidays with Crystal Battle, MAMFT</b> The holidays often brings excitement, family togetherness, laughter, and deliciously eats; but for some it triggers anxiety and stress. Coping ahead and becoming aware of your warning signs can be helpful tools in managing your stress and anxiety. Join Crystal in learning tips and skills that can help with handling stress and anxiety during this holiday season!
12/14/23	<b>6:30-7:30 - Support Group Only</b> Families are encouraged to join our regular weekly STEP program for a support group where our current and alumni family community will come together for support.
12/21/23	<b>No Meeting- Holiday</b>
12/28/23	<b>No Meeting- Holiday</b>