

# Invitation to Change

Parent Support Group for Adolescent Substance Use



## Spring/Early Summer 2024 Schedule

15-week group starting on April 3, 2024,  
with in-person & virtual attendance options

**A community that welcomes the parents and caregivers of adolescents and young adults, up to age 21, struggling with substance use issues.** Learn how to encourage change for you and your child, in place of openness and support.

The Invitation to Change approach is grounded in compassion, connection, and the belief that you can do something to help your child. Here, connect with a supportive community and engage with tools and techniques to use in your daily life.



Attendance for this group is offered in-person and virtually.  
New members are welcome to join the group at any time.

**Meeting Location:**

UPMC Children's Community Pediatrics  
Stonewood Commons II  
103 Bradford Road, Suite 200  
Wexford, PA 15090

**Questions:**

Contact Shannon Meyers (group facilitator)  
mikitasr@upmc.edu 724-933-3912 x 270

For virtual attendance, please scan the QR code below at the start of the meeting time.



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|---|--------------------------|---------------|---|
| Session 1                                 | Wednesday April 3, 2024  | 6:30pm-7:45pm | Introduction to Invitation to Change (ITC)    |
| Session 2                                 | Wednesday April 10, 2024 | 6:30pm-7:45pm | Behaviors Make Sense                          |
| Session 3                                 | Wednesday April 17, 2024 | 6:30pm-7:45pm | One Size Doesn't Fit All                      |
| Session 4                                 | Wednesday April 24, 2024 | 6:30pm-7:45pm | Ambivalence is Normal                         |
| Session 5                                 | Wednesday May 1, 2024    | 6:30pm-7:45pm | Reflecting on Helping with Understanding      |
| Session 6                                 | Wednesday May 8, 2024    | 6:30pm-7:45pm | Self-Awareness                                |
| Session 7                                 | Wednesday May 15, 2024   | 6:30pm-7:45pm | Willingness                                   |
| Session 8                                 | Wednesday May 22, 2024   | 6:30pm-7:45pm | Self-Compassion                               |
| Session 9                                 | Wednesday May 29, 2024   | 6:30pm-7:45pm | Reflecting on Helping with Awareness          |
| Session 10                                | Wednesday June 5, 2024   | 6:30pm-7:45pm | Communication Tools                           |
| Session 11                                | Wednesday June 12, 2024  | 6:30pm-7:45pm | Behavior Tools: Increasing Positive Behaviors |
| Session 12                                | Wednesday June 19, 2024  | 6:30pm-7:45pm | Behavior Tools: Decreasing Negative Behaviors |
| Session 13                                | Wednesday June 26, 2024  | 6:30pm-7:45pm | Reflecting on Helping with Action             |
| <b>NO GROUP on Wednesday July 3, 2024</b> |                          |               |   |
| Session 14                                | Wednesday July 10, 2024  | 6:30pm-7:45pm | Practice, Practice, Practice                  |
| Session 15                                | Wednesday July 17, 2024  | 6:30pm-7:45pm | The Whole ITC Picture                         |