

# The 7 Cs

You didn't **Cause** the problem.

You can't **Control** it.

You can't **Cure** it.

***But...***

You can help take **Care** of yourself.

You can **Communicate** your feelings.

You can make healthy **Choices**.

You can **Celebrate** yourself!



# Addiction: Resources for Providers & Families

Here are resources for help, information, advice, and support.

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## **Adfam: Families, Drugs and Alcohol**

[adfam.org.uk](http://adfam.org.uk)

Mission is to improve life for families affected by drugs and alcohol by supporting families and professionals while advocating for change.

## **American Society for the Positive Care of Children**

[americanspcc.org](http://americanspcc.org)

Offers a collection of free parenting resources.

## **The Children's Program at the Hazelden Betty Ford Foundation**

[hazeldenbettyford.org/treatment/family-children/childrens-program](http://hazeldenbettyford.org/treatment/family-children/childrens-program)

Provides education and support for children ages 7-12 who have a parent with an addiction.

## **Confident Kids Support Groups**

[confidentkids.com/home1.aspx](http://confidentkids.com/home1.aspx)

A network of faith-based support groups that help children living with drug and alcohol abuse in their homes and communities.

## **The National Association for Children of Addiction (NACoA)**

[nacoa.org](http://nacoa.org)

Connects and provides training and evidence-based curricula and program materials to primary care providers, justice system personnel, social workers, educators and students, early childhood professionals, and faith communities to eliminate the adverse impact of substance use on children and families.

## **National Institute on Alcohol Abuse and Alcoholism**

[niaaa.nih.gov](http://niaaa.nih.gov)

Mission is to generate and disseminate knowledge about the effects of alcohol on health and well-being, and apply it to improve diagnosis, prevention, and treatment of alcohol-related problems, including alcohol use disorder.

## **National Institute on Drug Abuse**

[drugabuse.gov](http://drugabuse.gov)

Mission is to advance science on the causes and consequences of drug use and addiction and to apply that knowledge to improve individual and public health.

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

[samhsa.gov](http://samhsa.gov)

Mission is to reduce the impact of substance abuse and mental health problems on America's communities.



## Karli's 7 Cs

Children can color in Karli as an adult colors the background.  
As you work together, you might discuss the 7 Cs:

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You can **Communicate** your feelings.

You can make healthy **Choices**.

You can **Celebrate** yourself!