

We provide support and guidance to families struggling with their son's or daughter'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.





Families can:

- Learn effective ways to communicate about substance use
- Develop behavior management skills to encourage healthier choices
- Focus on personal self-care
- Hear from parents who have “been there”

Parent Helpline

We provide compassionate, **one-on-one support** to families through calls and chats via our Helpline. Our bi-lingual, master's level specialists listen to families' challenges and help them develop an action plan that will help their child work toward recovery.

Connect with us:

-  1-855-DRUGFREE
-  Chat
-  Facebook Messenger
-  Email

Parent Coaches

Parents can connect to one of our trained volunteer 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 son's or daughter'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.



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