


# September



Hushabye  
Nursery

## 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 HOPPE 10am Understanding Grief and Loss 1:00 pm Recovery Group 6pm	2 HOPPE 10am Car Seat Safety Fall Arts and Crafts with Grandma Madi 11am-1pm
4  HAPPY LABOR DAY 	5 Strength through Safety 10am HOPPE 6:0pm	6 Group Coaching 10am Protective Factors 1pm HOPPE 6pm	7 HOPPE 10 am Smart Recovery 6pm	8 HOPPE 10am Understanding Grief and Loss 1:00 pm Recovery Group 6pm	9 HOPPE 10am
11 HOPPE 10am Understanding DCS Smart Recovery 1pm Triple 5:30-7pm	12 Strength through Safety 10am HOPPE 6:0pm	13 Group Coaching 10am Caregiver Support 12pm Protective Factors 1pm HOPPE 6pm	14 HOPPE 10 am Smart Recovery 6pm	15 HOPPE 10am Understanding Grief and Loss 1:00 pm Recovery Group 6pm	16 HOPPE 10am
18 HOPPE 10am Understanding DCS Smart Recovery 1pm	19 Strength through Safety 10am HOPPE 6:0pm	20 Group Coaching 10am Triple P 1pm HOPPE 6pm	21 HOPPE 10 am Smart Recovery 6pm	22 HOPPE 10am Understanding Grief and Loss 1:00 pm Recovery Group 6pm	23 HOPPE 10am Safe Sleep
25 HOPPE 10am Understanding DCS Smart Recovery 1pm	26 Strength through Safety 10am HOPPE 6:0pm	27 Group Coaching 10am Triple P 1pm Caregiver Support 12pm Family HOPPE with Tara 6pm	28 HOPPE 10 am Smart Recovery 6pm	29 HOPPE 10am Understanding Grief and Loss 1:00 pm Recovery Group 6pm	30 HOPPE 10am

### **HOPPE Groups:**

The Hushabye Opioid Pregnancy Preparation and Empowerment (HOPPE) program is designed to help you have a healthy pregnancy, healthy baby, safe home and keep your family together. This group supports pregnant women and their families struggling with Opiate Use Disorder. Hushabye Nursery understands that this can be an overwhelming time, and in this group, you will learn strategies for success and find caring individuals to support you!

### **SMART Recovery:**

SMART Recovery is an abstinence-based support group that focuses on ideas and techniques to help you change your life from one that is self-destructive and unhappy, to one that is constructive and satisfying. You will learn scientifically proven methods designed to empower you to change and to develop a more positive lifestyle.

### **Triple P, Positive Parenting Program:**

Triple P is an evidence-based parenting program that teaches parents the skills needed to raise confident, healthy children, and build stronger family relationships. You will learn simple, practical strategies that you can adapt to meet the needs of your families' values, beliefs, and needs. The program consists of six-week classes, contact Shauna to sign up or learn more.

### **Strength through Safety:**

This support group is designed for people with a history of addiction and trauma. It focuses on healthy coping skills to help you become safer in your relationships, thinking, and actions. Seeking Safety focuses on the present which means we will focus on what you can do right now to create a healthy life for you and your family!

### **Group Coaching:**

This group is led by one of our peer mentors and covers a specific topic each week. Here you will learn about resources available to you as well as make sure you have a solid understanding of how to use your green binder and access additional support.

### **Car Seat Safety/ Safe Sleep:**

These classes are taught once per month and cover the fundamentals of Safe Sleep and Car Seat Safety. After completing the class, you will receive a free car seat and pack and play!

### **Understanding Grief and Loss**

Welcoming a new baby can bring about a variety of emotions beyond joy and excitement. Perhaps you have experienced trauma in your past pregnancies or deliveries, are facing DCS involvement, or have other reasons you are anticipating challenges with the birth of your baby. Fear, anxiety, and sadness are all symptoms of Anticipatory Grief. Please join this NEW group to discuss and share your struggles with others and discover healthy ways to cope, so that there is room to feel joy, hope, and relief!

### **Caregiver Support**

This group is designed to support those who are caring for a baby as foster parents, kinship placement, and responsible adults. You will learn how to care for an infant with NAS, how to support your loved one, and how to ensure you are taking care of yourself!

Blue highlighted Classes can be accessed using the link below:



<https://hushabyenursery-org.zoom.us/j/4171514791?pwd=UmkwUVdaU0ZVK2M1SW1TS0hodU9vdz09>  
PW: 3003