


November



Hushabye
Nursery

2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Group Coaching 10am Triple P/ Protective Factors 1pm HOPPE 6pm	2 HOPPE 10 am Relapse Prevention 1:00 pm Smart Recovery 6pm	3 HOPPE 10am Attachment & Parenting 1:00 pm Recovery Group 6pm	4 HOPPE 10am Car Seat Safety Fall Arts and Crafts with Grandma Madi 11am-1pm
6 HOPPE 10am Understanding DCS Smart Recovery 1pm Triple P (In person) 5:30-7	7 Strength th4rough Safety 10am Family & Relationship Dynamics 1:0pm HOPPE 6:0pm	8 Group Coaching 10am Triple P/ Protective Factors 1pm HOPPE 6pm	9 HOPPE 10 am Relapse Prevention 1:00 pm Smart Recovery 6pm	10 HOPPE 10am Attachment & Parenting 1:00 pm Recovery Group 6pm	11 HOPPE 10am
13 HOPPE 10am Understanding DCS Smart Recovery 1pm Triple P (In person) 5:30-7	14 Strength th4rough Safety 10am Family & Relationship Dynamics 1:0pm HOPPE 6:0pm	15 Group Coaching 10am Triple P/Protective Factors 1pm HOPPE 6pm Caregiver Support Group 7pm	16 HOPPE 10 am Relapse Prevention 1:00 pm Smart Recovery 6pm	17 HOPPE 10am Attachment & Parenting 1:00 pm Recovery Group 6pm	18 HOPPE 10am Nurturing Families 1pm-3pm
20 HOPPE 10am Understanding DCS Smart Recovery 1pm Triple P (In person) 5:30-7	21 Strength th4rough Safety 10am Family & Relationship Dynamics 1:0pm HOPPE 6:0pm	22 Group Coaching 10am Triple P/Protective Factors 1pm HOPPE 6pm	23  HAPPY Thanksgiving	24 HOPPE 10am Attachment & Parenting 1:00 pm Recovery Group 6pm	25 HOPPE 10am Safe Sleep Hushabye FriendsGiving! 11am-1pm Nurturing Families 1pm-3pm
27 HOPPE 10am Understanding DCS Smart Recovery 1pm Triple P (In person) 5:30-7	28 Strength th4rough Safety 10am Family & Relationship Dynamics 1:0pm HOPPE 6:0pm	29 Group Coaching 10am Triple P/Protective Factors 1pm Family HOPPE with Tara 6pm	30 HOPPE 10 am Relapse Prevention 1:00 pm Smart Recovery 6pm		

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!

Parenting & Attachment

In the Parenting and Attachment group we will learn about the relationship between caregivers and their babies, how babies make sense of their world through their caregivers, things that can make it hard for caregivers and babies to form relationships, and ways caregivers can impact their child's development.

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!

Relapse Prevention Group:

In this group we will discover ways to overcome addiction. We will use a range of therapeutic methods to work through past addictions and reduce the risk of relapse

Family & Relationship Dynamics

Family dynamics can be complicated! In this group we will learn ways to implementing evidenced practices to improve family and relational dynamics to create a peaceful and healthy environment.

Nurturing Families

In this 12-week, evidence-based class you will learn the importance of raising children in a warm, trusting, and caring household. You will discover strategies to help children learn to trust and respect themselves, other people, and the environment.

Arts and Crafts with Grandma Madi

Join Grandma Madi the first Saturday of every month for hands-on fun with your little one! She will lead the group in crafts, music, and activities that you can repeat at home.

Blue highlighted Classes can be accessed using the link below, call 480-628-7500 for all other classes!

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

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