



## 18<sup>th</sup> Annual April Awareness Breakfast

Center for Family Life and Recovery, Inc. Invites Community to Attend 18<sup>th</sup> Annual April Awareness Breakfast on April 5

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### Programs and Services

- Aggression Reduction Program
- Supportive Case Management
- CHOICES Program
- Community Coalition Building
- Impaired Driver Program
- Employee Assistance Program
- Information and Referral
- Prevention Council
- Oneida County Professional Training Coalition
- PINS Diversion/Family Support Programs
- Compeer Program
- Participation in Young Scholars Liberty Partnerships Program

### Find Us Online

**Facebook:** /WhenTheresHelpTheresHope

**Twitter:** @CFLRinc

**Pinterest:** /CFLRinc



For more information about any of the programs and services that CFLR, Inc. provides, call (315) 733-1709.

## Our Mission

To transform the lives of individuals and families by providing help and hope through advocacy, prevention, counseling, and training.

## Our Vision

CFLR, Inc. will create a community mindset where individuals and families embrace sustained recovery from mental health, substance use, and behavioral issues.



### Testimonial

The Compeer Program recently hosted a “Learn to Paint” night for 14 of their clients and volunteers. Attendees learned a variety of techniques using acrylic paints. “It was fun,” said Merisa, age 21. “Mine was not the best painting, but that’s okay. I had a good time and it got me out of the house. It’s not about the paint. It’s about spending time with other people, laughing and talking, and just trying something new.”

## CFLR, Inc. Introduces Family Support Navigation Services

As of Monday, February 22, Family Support Navigation Services are available at Center for Family Life and Recovery, Inc. (CFLR, Inc.) on a daily basis. Family Support Navigation Services are a significant addition to Oneida County services because it puts a strong focus on meeting the needs of family members and not just the person with the addiction.

CFLR, Inc.’s Family Support Navigator (FSN), Ambi Daniel, believes her position is one that can change the local recovery landscape. She states, “Helping the family find its own form of recovery is both challenging and rewarding. Through support, hope and awareness, both the family member and the person living with the addiction will feel a sense of home, health, purpose and community once again.” Daniel has 8 years of experience as a substance abuse counselor, dealing with outpatient,

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# CFLR, Inc. Introduces Family Support Navigation Services

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intensive day treatment and long-term residential levels of care. She places a strong focus on client-centered treatment, with unique use of the community and the treatment team to implement personal goals, as well as to structure group goals.

Through Ambi Daniel's years of experience, she has formed a holistic approach to addiction and recovery, one that incorporates the strengths of all treatment and recovery agencies. While the addicted person is getting help, and growing and changing, the family is often stagnant, unsure of how to cope or how to move forward. They are, more often than not, the forgotten piece. With Family Support Navigation Services, Daniel states, "Family members now have the opportunity to receive their own type of treatment, and moreover, the addicted person has a better chance at recovery as well."

The Family Support Navigator is based at Center for Life in Recovery, Inc. and is funded through Oneida County by the New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS). For more information about the Family Support Navigator position, or to schedule a FSN appointment, please contact Ambi Daniel, Family Support Navigator, at (315) 733-1709.

Center for Family Life and Recovery, Inc. is proud to be the area's leading expert for advocacy, prevention, counseling, and training. As a community partner, it is important to us that we continue spreading the message of help and hope to our area and with those whom we work.



Ambi Daniel, Family Support Navigator

## Support Groups

*Recovery Book Club* - Third Wednesday of each month from 11:00 AM to noon at Utica Public Library

*Active Parenting of Teens* - 4 sessions, classes run from 10:30 AM to 2:30 PM at Vega Martinez Community Center

*Family Peer Advisory* - 5:00 PM to 6:00 PM on Tuesdays at CFLR, Inc.'s Utica office

*Addiction Grief & Loss* - 6:00 PM to 7:00 PM on Tuesdays at CFLR, Inc.'s Utica office

Contact Elizabeth Patterson-Moyer, Family Peer Advocate, at (315) 733-1709 to register or to learn more.

## 18<sup>th</sup> Annual April Awareness Breakfast

For eighteen years, Center for Family Life and Recovery, Inc. has hosted the Annual April Awareness Breakfast, which coincides with Alcohol Awareness Month. This signature event recognizes the contributions of the community in helping support the agency's vision of creating a community mindset where individuals and families embrace

recovery from mental health and substance use disorders.

On Tuesday, April 5, 2016, CFLR, Inc. is hosting its 18<sup>th</sup> Annual April Awareness Breakfast at Hart's Hill Inn in Whitesboro, New York. This year's breakfast theme is "Celebrate Families." Registration will begin at 8:00 AM

and the program will conclude around 10:00 AM. CFLR, Inc. is pleased to have Oneida County Executive, Anthony J. Picente, Jr. as Master of Ceremonies and Ms. Cathy Schillaci as the Keynote Speaker.

Center for Family Life and Recovery, Inc. would be grateful for your consideration of attendance. To register, please call (315) 733-1709. Tickets are \$25.00 per person.