Links To Weekly Videos

Week One - Dare to Trust
The Neurobiology of Addiction

Week Two - Calming Conversations Boundaries 101

Week Three - Stage of Change Change Habits and Treat Addiction

Week Four - Cognitive Distortions
<u>Wise Mind</u>

Additional Videos To Share With Families

Hero-Villian-Victim

Atomic Habits

Post Acute Withdrawal

What Really Causes A Relapse