

List of Educational Curricula for Women in Recovery

developed by the

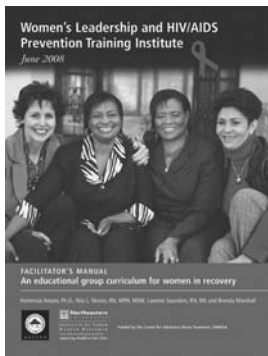
Women and Families Division • *Boston Public Health Commission*
 Institute on Urban Health Research • Northeastern University



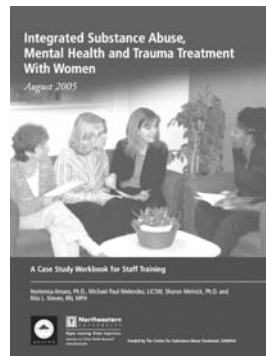
Spirituality
 A 6 session educational curriculum that teaches participants how to integrate spiritual resources in the context of their substance abuse treatment.



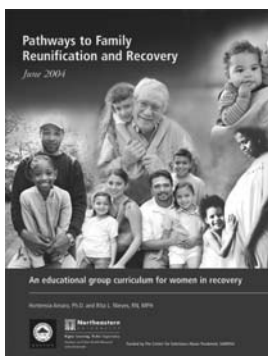
Economic Success in Recovery
 An 8 session educational curriculum designed to assist women in (1) examining how money management is related to the recovery process, (2) developing effective money management skills and (3) identifying and planning educational, vocational, and job training opportunities and objectives.



Women's Leadership and HIV/AIDS Prevention Training Institute
 A 5 session educational curriculum that teaches women how to become leaders and learn to speak up on behalf of themselves and other women in recovery, and prevent transmission of HIV and other sexually transmitted infections.



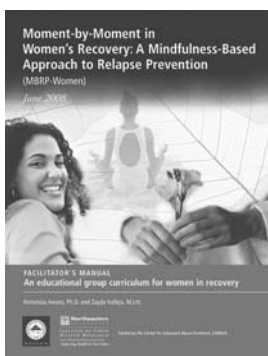
Integrated Substance Abuse, Mental Health and Trauma Treatment with Women
 A case study workbook for staff training



Pathways to Family Reunification and Recovery
 A 10-week educational curriculum that focuses on the impact of substance abuse on parenting, family reunification and self-care. The curriculum engages participants in learning about child protective services and advocating effectively on their own behalf to reach a positive reunification outcome.



Saber es Poder (Spanish)
 A 26 week trauma recovery group for women that focuses on empowerment, trauma recovery, physical boundaries, intimacy and trust, compulsive behaviors, blame and forgiveness and personal healing. Participants gain skills that help them begin to heal their trauma in a healthy way.



Moment-by-Moment in Women's Recovery: A Mindfulness-Based Approach to Relapse Prevention
 A 9 session mindfulness based approach to relapse prevention. This group helps women to learn positive coping approaches to reduce stress and relapse using awareness about bodily sensations, emotions and thoughts.

To order any of these curricula
 see back page

ORDER FORM

Title	Price	Quantity	Subtotal
Women's Leadership and HIV/AIDS Prevention Training Institute	\$40		
Economic Success in Recovery	\$20		
Pathways to Family Reunification and Recovery	\$20		
Spirituality and Recovery	\$20		
Integrated Substance Abuse, Mental Health and Trauma Treatment With Women	\$20		
Saber es Poder (Cultural adaptation and Spanish translation of The Trauma Recovery and Empowerment Model)	\$40		
Moment-by-Moment in Women's Recovery: A Mindfulness-Based Approach to Relapse Prevention	\$40		

TOTAL \$ _____

Please make check payable to the **Institute on Urban Health Research**

Send order form and check payable to Institute on Urban Health Research to:

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