CeDAR

Center for Dependency, Addiction and Rehabilitation

A Division of UCHealth

HOPE.
TOOLS.
CONNECTION.

When Someone You Love Struggles with Substance Use...

You don't have to navigate it alone.

FREE CRAFT SKILLS GROUP

Community Reinforcement and Family Training (CRAFT)

A 12-week, evidence-based group for family members, partners, and loved ones affected by someone else's substance use.

Whether your loved one is actively using substances, in treatment, or unsure about making a change, CRAFT provides compassionate, practical tools to help you support them—while also caring for yourself.

IN THIS GROUP, YOU'LL LEARN HOW TO:

- Improve communication and reduce conflict
- Set healthy, effective boundaries
- Respond to substance use in ways that encourage positive change
- Increase the likelihood your loved one seeks treatment or support
- Reduce stress, guilt, and burnout
- Prioritize your own well-being
- Connect with others who understand what you're experiencing

Why CRAFT?

CRAFT (Community Reinforcement and Family Training) is an evidence-based approach that helps families build healthier relationships while encouraging positive behavior change.

Research has shown that CRAFT can improve family functioning, increase loved ones' engagement in treatment, and reduce caregiver distress.

Who Can Attend?

Adults 18 or older seeking practical tools and support for helping a loved one affected by substance use while improving their own well-being. This includes family members, spouses, partners, friends, and loved ones.

Hosted by CeDAR Outpatient Services

At CeDAR, we believe recovery involves healing individuals, families, and communities. Our evidence-based outpatient programs support lasting recovery through compassionate, person-centered care.

Group Details

12 Week Virtual Group
Tuesdays, 4:00–5:15 PM

Start Date:
November 10, 2026

Contact

CeDAR Outpatient
Scheduling Department

720-848-3037

Call scheduling to be added to the group census.

Cost

FREE

No referral is required.

Scan Here

To learn more or connect with us.