

Parenting One Day at a Time

Classes for parents/caregivers in recovery from Substance Use Disorder

Virtual classes via ZOOM link

Six hours of instruction (3 classes of 2 hours each)

Registration fee \$40

Payable by organization check, money order, Venmo, CashApp or PayPal

Are you a parent or caregiver of a child under 18? Are you in recovery from a Substance Use Disorder? *Parenting One Day at a Time* offers you a chance to talk about your concerns, get answers to your parenting questions, and move forward in recovery as a nurturing parent. Topics include:

What is Parenting? The role of a parent and what it means to be a parent in recovery. The four styles of parenting, how parents develop a style based on their childhood experiences and how each style affects the parent/child relationship.

Communication Do's and Don'ts: Suggestions for answering children's questions and having open discussions about important topics. Strategies for communicating with co-parents who may have difficulty trusting the newly recovering parent.

Why Can't I Discipline My Kid? Avoiding parenting out of guilt and ideas for ways to manage misbehavior while building a relationship with your child.

Second Chances: Establishing relationships and creating bonds with children and family in recovery.

UPCOMING CLASSES

Fridays

March 13, 20 and 27, 2026 – 10:00 AM – 12:00 PM

Wednesdays

April 8, 15 and 22, 2026 – 6:00 – 8:00 PM

Questions or to register email bbitler@outlook.com



About the instructor:

Beth Bitler, MSA, CAAP, CFRS

Beth has more than thirty years of experience in the fields of family recovery and parent education. Her background includes development of a curriculum for parents in recovery from Substance Use Disorder, oversight of a statewide network of child abuse prevention programs and administration of a community-based nonprofit. Her most recent experience was in a management position in an inpatient treatment facility, where she provided psychoeducational groups to patients with minor children and supervised the facility's Family Services Program. She lives in central PA near her children and grandchildren.

Contact Beth at bbitler@outlook.com