



Saturdays

3 – 4 p.m.

**Inova Fairfax Hospital
Physician's Conference
Center**

Conference Room D

There is no need to make a reservation, and the group is free to attend.

The nearest parking is the Blue Garage. The Physician's Conference Room is across the street to the right.

Invitation to Change

An interactive group for family, friends and significant others

Led by an Inova therapist, **Invitation to Change** is a guided, structured group meeting with practical skills for family members, friends, and others whose loved one is dealing with substance use and mental health.

Participating in an **Invitation to Change** group can help with social support, motivation, concerns and coping skills to help you with both emotional and physical well-being.

We will discuss:

- Communication tools, behavior changes and self-care strategies
- Tools for growth and how to promote change