



Renascent™

*The road to recovery starts here.*

## Family Care for Addiction Recovery

**“Addiction is not a spectator sport. To one degree or another, everyone in the family is affected.”**

– Dr. Robert Ackerman, Co-founder of the National Association of Children of Alcoholics

Addiction is a family disease. Loved ones are as affected by addiction as the addict themselves. At the heart of Renascent's commitment to families is the understanding that you and your children deserve your own recovery and support — independent of the recovery status of your loved one. Our ground-breaking Family Care Programs provide the tools you need to reclaim your life and break the cycle of addiction. Anyone who has been affected by another person's substance use disorder is welcome to participate.

### Essential Family Care Programs

#### Introduction to Family Care

This series of four evening group sessions provides the opportunity for family members and loved ones to learn about family recovery and addiction. We offer a safe and supportive environment for you to understand how your loved one's substance use disorder has affected you — psychologically, emotionally, socially, and physically. You'll learn what is in your control and what isn't, and learn tools to help you embark on your own journey of recovery.

Sessions are also available by telephone, so distance or shift work is never a barrier to your family's recovery.

Program Fee: \$320

#### Children's Healthy Coping Skills

Sadly, children are often the first hurt by the effects of alcohol and drug addiction and the last helped.

## Children's Healthy Coping Skills (Continued)

Children of alcoholics are four to nine times more likely to develop an addiction as a direct result of their family experience. Left untreated, these children are more likely to suffer from depression and other mental health issues as teenagers and adults. Fortunately, a safe healing community exists for children and their parents.

Renascent's powerful four-day Children's Healthy Coping Skills Program is open to children aged 7 to 13 who've been impacted by another family member's substance use disorder.

Children learn practical tools to support self-care, communication, and the expression of emotions that may have been stifled. They learn that they're not alone and that other kids and families share their experience. All children are welcome, regardless of the recovery status of their family member.

At least one parent or key caregiver must also participate in the program. While the children are working with their peers and counsellors, parents and caregivers are given the opportunity for counselling and peer support with other parents. They learn how to parent in ways that boost the resilience of their children and their family as a whole.

Program Fee: No Charge

## Parenting in Recovery

Our Parenting in Recovery program teaches effective and practical parenting tools to help you and your family recover together. You'll learn how to improve your family's communication, how to help your children understand addiction in an age-appropriate way, and how to boost protective factors in both your own and your children's lives.

This valuable program is held over the period of a weekend, and includes group and individual counselling with our team of addiction experts, and continued aftercare. Any parent in recovery can participate, regardless of Renascent affiliation.

Program Fee: No Charge

## Other Counselling Opportunities

Renascent offers one-on-one counselling to family members, including children aged seven and older. Personal counselling is available at an hourly rate.

Fee: \$120 per hour-long session or \$550 for five sessions.

**The following sessions and support groups are offered at no charge as part of Renascent's commitment to helping families impacted by a loved one's addiction:**

## Family Care Information Nights

Regularly scheduled evening sessions for families to learn more about Renascent's Family Care programs.

## Family Alumni Care

A weekly support group for alumni of Renascent's Introduction to Family Care Program.

## Children's Alumni Care

A monthly gathering for alumni of Children's Healthy Coping Skills Program, where children can reconnect with their counsellors and peers in recovery.

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**Renascent's clinical staff draw on their own lived experience of addiction and long-term recovery to help clients see the potential for their own recovery.**

**Talk to someone who's been there:**

1-866-232-1212

[renascent.ca](http://renascent.ca)

**In conjunction with Renascent Family Care, we recommend you connect with others who know what you are going through. For a list of Al-Anon (adults) and Alateen (young people) meetings, visit [al-anon.alateen.org](http://al-anon.alateen.org) or call 1-800-4ALANON.**



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