

## ABOUT ASHLEY ADDICTION TREATMENT

Addiction isn't a choice, it's a disease.

Choosing treatment means choosing life.

At Ashley, we use every innovative tool available to help you overcome your substance use disorder so you can find your way back to health and happiness. Our tranquil campus nestled on the Chesapeake Bay offers an atmosphere of awakening. Our expert staff will create a personalized program that combines clinical, medical, physical, and psychological care to address your unique needs holistically, including chronic pain and any co-occurring issues.

## PARTICIPATE IN HEALING ACTIVITIES

- Exercise, including cardio & yoga
- Spiritual counseling
- Recreational activities
- Massage and acupuncture
- 12-Step meetings
- Music and art

## CONTINUUM OF CARE

Recovery is a journey with a unique path that we refer to as the "Continuum of Care." Once you've chosen to engage in treatment, we help you establish a program to begin your journey. Our expert team will help guide you forward, in an environment of respect and dignity. Within every program, we integrate the right balance of clinical, medical, physical and psychological treatments for you. We'll provide you with care, support, and knowledge so you can achieve lasting recovery.

## Everything for Recovery

Call **1.800.799.HOPE** or email **info@AshleyTreatment.org** to learn more.

Visit **AshleyTreatment.org** for more information on admission and program details.



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CHILDREN & YOUTH PROGRAM



Everything for Recovery



**Ashley**  
Everything for Recovery

# Nurture addiction-free futures.

## PROGRAM OVERVIEW

Addiction within a family environment can cause specific and complex challenges for children. So when parents begin recovery, children need the right balance of compassion and expertise. At Ashley, we approach children and youth support with a productive and even fun atmosphere.

The Children and Youth Program teaches children how to express their emotions—like confusion, frustration, guilt or embarrassment. We deal with each child’s unique needs in an age-appropriate manner. We also teach parents to help their children avoid long-term problems like academic issues, delinquency and substance use. Addressing these issues from a young age helps your child reach their full potential.

Let’s cultivate brighter futures for generations to come.

## PROGRAM DETAILS

While participating in the Children & Youth Program, you will:

- Attend any one meeting, held on the second Saturday of the month from 8:45am to 3:00pm
- Work with Ashley’s dedicated staff, trained in addiction and youth risk behavior
- Engage in fun, educational activities like crafts and games
- Learn to express and channel thoughts and feelings
- Interact in small groups by age and address developmental needs
- Attend an all-day parents’ workshop led by professional counselors
- Explore ways to openly communicate and rebuild trust

## REGISTRATION AND INFORMATION

Regarding Children & Youth Program, please note:

- Pre-registration is required
- For children ages 6–14
- For more information and to register call 1.800.799.4673 ext. 227 or email [FamilyWellness@AshleyTreatment.org](mailto:FamilyWellness@AshleyTreatment.org)

Ashley offers scholarships for families in need to attend our Children & Youth Program. Call for details.

“After participating, it seemed like something very heavy was lifted away.”

– Samuel, Mason’s father

