



# FAMILY WELLNESS PROGRAM

## VIRTUAL PROGRAM

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*We know how important it is to involve the whole family in the recovery process. Therefore, we offer a virtual Family Wellness Program so that family members can support their loved one in recovery as well as their own healing.*

*During our virtual programming, we will provide you with education, coaching services and opportunities to interact with other family members. Having the opportunity to share experiences with other families can lend additional support and help you gain a greater understanding to support your loved ones' successful recovery. We will also provide you with additional resources once your loved one has completed treatment.*

### FOUNDATIONAL EDUCATION

One of our family services team members will supply this information via email to your loved one's primary contact.

### FAMILY COACHING

Your loved one's primary contact will engage with one of our family counselors, one-on-one to process through the videos and concerns.

### FAMILY WORKSHOPS

We hold weekly virtual family workshops via ZOOM to help unpack different topics that impact you as a family. The topics rotate on a regular basis. Workshops are live and interactive with a family counselor and other families present.



[AshleyTreatment.org](https://www.AshleyTreatment.org)

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