



Family Wellness Program

**Helping the whole
family heal.**

Addiction affects the people around us.

Loved ones often suffer from the collateral effects of addiction: they need a chance to seek understanding, communicate how they are feeling, and heal, too. As part of Ashley's Family Services, the Family Wellness Program uses counseling, substance use education, and workshops to help family members who are 18 years and older accept, understand and overcome their loved one's substance use disorder. Total commitment from family — including partners, parents, children and other chosen family members — can make all the difference in lifelong recovery.





“ Those who have a strong sense of love and belonging have the courage to be imperfect. ”

- Brene Brown

How the Program Works

The Family Wellness Program takes place virtually throughout the 28-day inpatient stay and beyond. Services are available to those within the Ashley continuum of care and to families not affiliated with an Ashley patient. Participants will:

- Learn about the science of addiction and the disease model.
- Gain skills to manage stress, fear and co-dependence through workshops.
- Attend sessions with licensed therapists trained in family therapy.
- Collaborate and learn from other families in the program who are on a similar journey to healing.
- Build a recovery network.

Families will emerge from the program with a better understanding of substance use disorders and the recovery process of both the patient and family members. Attendees will learn different tools to help voice any past or present feelings and be given the opportunity to apply them throughout their work with the family counselor in an effort for everyone to live happier, healthier lives.

How to Participate

Ashley offers complimentary admission for one family member to the Family Wellness Program. To learn more about services, please contact us by calling 410-273-2227 or emailing FamilyWellness@AshleyTreatment.org or visit AshleyTreatment.org/treatment/family-services.

A Legacy of Compassionate, Effective Care

Our co-founders, Mae Ashley Abraham and Father Joseph C. Martin, believed we should treat SUDs differently. To them, SUD was a disease — a disease they both lived with. They knew the only path to lifelong recovery is one of understanding and empathy. Their legacy has helped more than 65,000 patients and 110,000 family members heal their minds, bodies and spirits. We know that recovery means everything; and we know that recovery is possible.