



# Family Wellness Program

**Helping the whole  
family heal.**

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## **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 patients. 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. Complimentary admission is only available for family of inpatients. However, the program is open to families of patients and non-patients. To learn more about services and pricing, please contact us by calling 410-273-2227 or emailing [familywellness@ashleytreatment.org](mailto:familywellness@ashleytreatment.org).

## A Legacy of Compassionate, Effective Care

Our founders, Mae Ashley Abraham and Father Joseph C. Martin, believed we should treat substance use disorders (SUD) differently. To them, SUD was a disease — a disease they both lived with. They knew the only path to lifelong recovery was one of understanding and empathy. Their legacy has helped more than 45,000 patients and 100,000 family members heal their minds, bodies, and spirits. We know that recovery means everything. And we know that recovery is possible.