



# Children and Caregiver's Program

**Nurturing  
addiction-free futures.**

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## **Substance use disorders affect the entire family.**

Children and youth can be the most vulnerable when a loved one is struggling with a substance use disorder. As part of Ashley's Family Services, the Children and Caregiver's Program teaches children how to express their emotions — confusion, frustration, guilt, embarrassment — when their parent, guardian or another loved one is in any stage of addiction or recovery. Addressing these issues with open communication can lessen the chances of long-term problems such as academic issues, delinquency and substance use.





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

*- Samuel, Mason's father*

## How the Program Works

The Children and Caregiver's Program is a hybrid virtual and in-person week-long program held on the second week of the month. Staff trained in children, parenting and substance use disorder address each child's needs with age-appropriate activities in fun yet productive atmospheres.

Throughout the virtual workshops, caregivers will:

- Learn how addiction can affect a child.
- Discuss common parenting concerns.
- Develop effective communication skills.

Throughout the day, the children will:

- Attend workshops about addiction as a disease, the importance of open communication, rebuilding trust and more.
- Participate in fun, educational activities and games.
- Practice yoga and meditation.
- Learn how to express thoughts and feelings in a healthy way.
- Address developmental needs in small groups by age.

Throughout the program, caregivers, children and Ashley staff will work together to cultivate a brighter future for the entire family.

## How to Participate

The Children and Caregiver's Program is for children ages 7 to 12 and their caregivers. Pre-registration is required.

For more information and to register, email [familywellness@ashleytreatment.org](mailto:familywellness@ashleytreatment.org) or visit [www.ashleytreatment.org/treatment/family-services/children-and-caregivers-program](http://www.ashleytreatment.org/treatment/family-services/children-and-caregivers-program).

## 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 50,000 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.