



Need a break from addiction?

Get away and focus on your own healing and recovery, whether the addicted person in your family is in recovery or actively using. We'll teach you skills for life, like how to lovingly detach, be a better communicator, and most importantly, how to manage your codependent behaviours and set boundaries.

In addition, you'll experience the fellowship created by learning and connecting with others who have had similar experiences.

Coming soon. To receive updates or join the waiting list, contact Heather Amisson: hamisson@renascent.ca or 416-927-1202 ext. 4002



Renascent™
The road to recovery starts here.