



Begin your own journey of self-care and recovery

In our Introduction to Family Care program, learn how your loved one's addiction has affected you, whether they are in active addiction or recovery, and acquire the tools to set boundaries and address enabling and codependent behaviours.

Monthly throughout 2018; please call for dates.

Open to all regardless of Renascent affiliation. \$320 includes intensive programming including group and individual counselling with our team of addiction experts, and continued aftercare. Sessions are available by phone so distance or shift work is never a barrier to your family's recovery.

For information, contact Heather Amisson:
hamisson@renascent.ca or 416-927-1202 ext. 4002



Renascent™
The road to recovery starts here.