

Renasant Family Care.

A recovery of your own.

Addiction is a family disease. Loved ones are as affected by addiction as the addict themselves. Studies show that children of alcoholics are 4 to 9 times more likely to develop a substance use disorder as a direct result of their family experience. Left untreated, children who have been impacted by addiction are also more likely to suffer from depression and other mental health illnesses as teenagers and adults.

At the heart of Renasant's commitment to families is the understanding that you have the right to recovery – for you and your children – regardless of whether the person in your life is still drinking or using drugs. We believe that family members need and deserve their own focused and dedicated recovery support in order to break the cycle.

Keeping doors open.

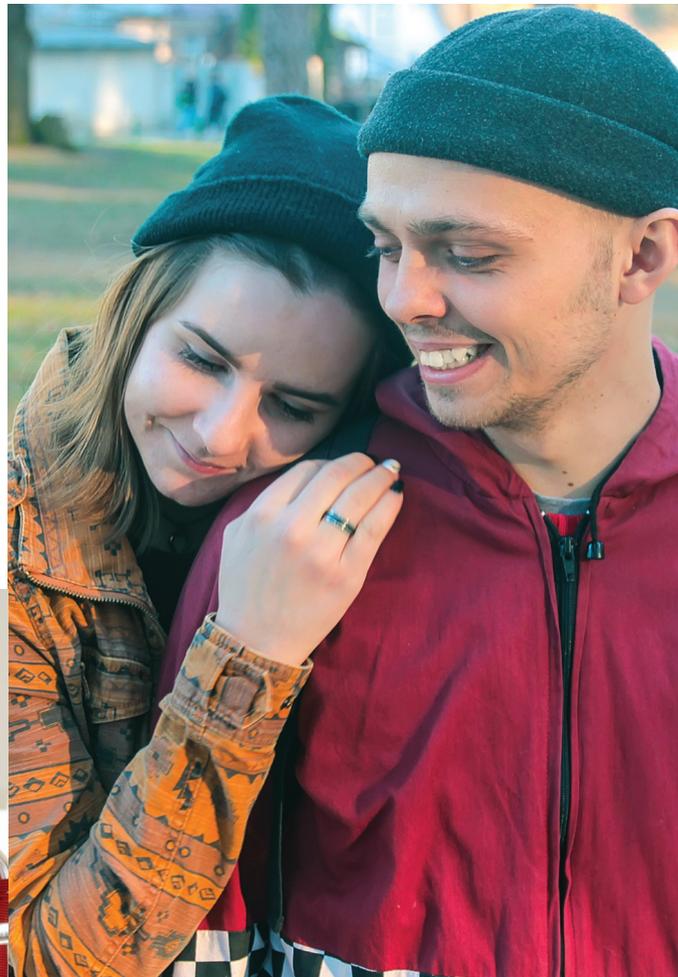
Through the generosity of donors, Renasant makes the commitment to never turn away anyone due to lack of funds. Renasant receives no government support for its Family Care Programs – we are entirely dependent on donations and the commitment of our clients to pay what they can to keep the doors open for the next family in need.

Renasant offers treatment in home-like settings. We welcome people experiencing substance use disorders, their loved ones, and their family members as clients in their own right. Anyone can make that first call. Our addiction counsellors have the lived experience to understand where you've been and where recovery can take you and your loved ones.



“Addiction is not a spectator sport. To one degree or another, everyone in the family is affected.”

*Dr. Robert Ackerman
Co-founder of the National Association
of Children of Alcoholics*



Why Renasant?



Renasant is a national leader in treating substance use disorders. We are proudly accredited by the Canadian Centre for Accreditation, and our multidisciplinary team includes registered psychotherapists, a clinical psychologist, an M.D. certified with the Board of Addiction Medicine, and certified addiction counsellors with lived experience of addiction and long-term recovery.

Our abstinence-based model integrates 12-step facilitation with other best practices in clinical and medical approaches. By addressing the chronic nature of substance use disorders while also recognizing how addiction impacts families, children, loved ones, workplaces, and communities, our holistic approach means we're here for life.

Talk to someone who's been there.

1 877 230 2918

renasant.ca



Renasant™
The road to recovery starts here.

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Accredited by
Canadian Centre
for Accreditation

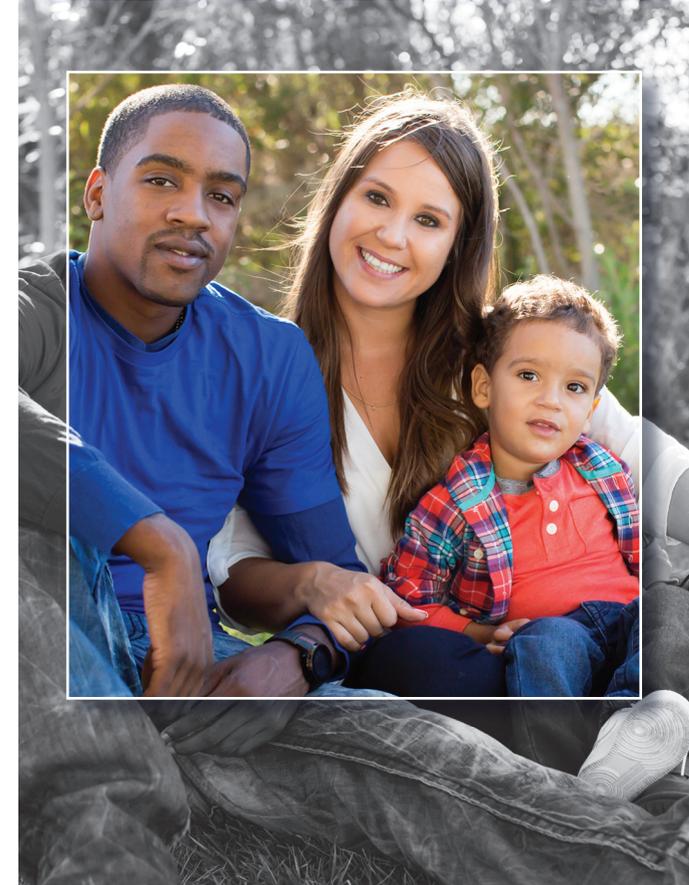


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Family Care



Renasant™

The road to recovery starts here.

Since 1970 we've helped almost 50,000 people, becoming an accredited national leader in providing hope and healing to individuals, families, loved ones, communities, and organizations impacted by addiction.

We can help you too.

Family Care Programs

Learning about substance use disorders as chronic illnesses, family roles, loving detachment, setting boundaries, enabling, codependency, and communication is vital work whether your loved one is actively using or in recovery.

Through Renascent Family Care you also gain the compassionate support of a community who understands what you are going through.

Introduction to Family Care

A chance for family members and loved ones to learn about family recovery and addiction during four evening group sessions. We provide a safe and supportive environment for you to understand how your loved one's substance use disorder has affected you – psychologically, emotionally, socially, and physically. You'll learn what is in your control and what isn't, as well as tools to embark on your own journey of recovery.

Sessions are also available by phone so distance or shift work is never a barrier to your family's recovery.



Intensive Family Codependency Program

At Renascent we recognize that effective addiction treatment means removing oneself from the environment of the disease. This intensive program allows families to get away from their triggers at home and learn how to put the focus back into their own lives.

In addition, family members will also have the experience of the fellowship created by learning alongside others who have been similarly affected by the disease of addiction. In this environment, you'll learn about the disease and how to cope with your loved one who is suffering, but we will also teach you how to manage codependency and boundaries, how to lovingly detach, and how to improve your communication.

With this program, we give families the consideration and healing they deserve based on their experiences with their loved ones.

Parenting in Recovery

In one weekend, we introduce parents in recovery to effective and practical parenting tools to help you and your family recover. You'll learn how to improve your children's communication, how to help them understand substance use disorders in an age-appropriate way, and how to boost protective factors in your children's lives and your own life.

Our groundbreaking Family Care programs provide the tools you need to reclaim your life and break the cycle.

Children's Healthy Coping Skills

Children aged 7 to 13 and their caregivers spend four days changing the legacy of addiction in their family, and protecting the children from the effects of addiction on their childhood. Children learn practical tools to support self-care, communication, and the expression of emotions that may have been stifled.

They learn that they're not alone and that other kids and families share their experience. The treatment program is powerful, yet allows kids to be kids. Play, arts, and games help kids process addiction and recovery as a personal and family experience. Individual counselling for children and caregivers is also available as an immediate alternative or supplement to the Children's Healthy Coping Skills program.



Family Alumni Care

A weekly support group for alumni of Introduction to Family Care and the Intensive Family Codependency Retreat.

Children's Alumni Care

A monthly gathering for alumni of Children's Healthy Coping Skills, where children can reconnect with their counsellors and peers in recovery.

Family Care Information Nights

Free evening sessions for families to learn more about Renascent's Family Care programs.

See renascent.ca/family for schedule.

In conjunction with Renascent Family Care, we recommend you get connected to others in your community who know exactly what you are going through. For a list of Al-Anon (adults) and Alateen (younger people) meetings, visit www.al-anon.alateen.org or call 1-800-4ALANON.



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24/7 Recovery Helpline:
1 866 232 1212
renascent.ca