

# The Seven Cs

1

I did not Cause it

2

I can not Control it

3

I can not Cure it

4

But I can help take  
Care of myself

by

5

Communicating feelings

6

Making healthy Choices  
and

7

Celebrating myself

The Seven Cs: With permission of the National  
Association for Children of Alcoholics (www.nacoa.org).



**Renascent**

*The road to recovery starts here.*

**Know a kid who loves an alcoholic or drug addict?**

Give us four days and we'll help change the legacy of addiction in your family.

**Renascent's Children's Program: 1-866-232-1212 x3010**

**[www.renascent.ca/family](http://www.renascent.ca/family)**