



# Renascents Children's Healthy Coping Skills Retreat Program

A Renascents program designed to break the cycle of addiction and address the unique experiences of children and families who are impacted by the disease.

Influenced by Dr. Robert Ackerman – one of the world's leading experts on family and addiction – the Program aims to provide children with a safe and supportive environment where they can:

- learn about addiction in age-appropriate language;
- begin to process and understand how they feel;
- develop emotional awareness and regulation;
- regain feelings of confidence and safety;
- improve communication and problem-solving skills; and
- most importantly have fun!

## Upcoming Retreat Details

At the Children's Healthy Coping Skills Retreat Program (Retreat Program), children will receive specialized support for their needs, while parents/guardians participate in interactive, psychoeducational, therapy group sessions.

**Start Date:** Friday, January 12, 2024

**Arrival Time:** 2:00pm

**End Date:** Sunday, January 14, 2024

**Departure Time:** 2:00pm

**Location:**

Salvation Army Jackson's Point Camp & Conference  
Centre 35 Salvation Army Rd, Jacksons Point, Ontario



**Renascents**<sup>®</sup>

*The road to recovery starts here.*



## Retreat Goals and Objectives

At this three-day retreat, the goal is to provide families with an unforgettable experience filled with fun, adventure, laughter, and connection, while working through the challenges they experienced and developing the skills and understanding necessary to move forward and achieve true family recovery.

The Retreat Program aims to help parents develop a deeper understanding of addiction, promote healing, rebuild trust, and establish routine and safety while being mindful of their recovery needs.

## Program Information and Requirements

- Children should be between the **ages 7-13** (exceptions are made based on their assessment).
- A parent or guardian must be in attendance all three days of the Program.
- Parents/guardians must abstain from substance use while attending the Program.
- Meals and snacks are provided during the course of the retreat. *Please discuss any allergies or dietary restrictions during the registration process.*
- Families will room in cabins on the campground during the course of the retreat.
- When scheduled program activities are not taking place, families are encouraged to enjoy all the campgrounds have to offer.
- Each child and parent/guardian must complete a questionnaire.
- Families are asked to participate to the best of their abilities, remain open to having fun, and creating positive memories.
- **A \$100 registration deposit is required to hold each family's spot. This will be returned upon attendance at the Program.**



## Aftercare

A key element of successful recovery is centred around "fellowship." This means engaging in your community, reaching out/providing support, and developing positive friendships.

Recovery is a lifelong journey that does not end after the completion of Renascent's programs. In order to help children and their families continue to utilize the skills they learned throughout the Program, maintain recovery, and successfully break the cycle of addiction, families are invited to attend our weekly aftercare groups. Please discuss the details of these groups with your counsellor.

## How to Register

**Contact Cassandra Switzer, BA., Family & Youth Counsellor**

Email: [cswitzer@Renascent.ca](mailto:cswitzer@Renascent.ca) • Telephone: 416-927-1202 x 4562



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\*Please note we are dedicated to supporting families and their recovery journey. Reach out to discuss any obstacles or barriers that may interfere with your family's ability to attend the Children's Healthy Coping Skills Retreat or provide the registration deposit.