Renascent's Children's Healthy Coping Skills Program

A Renascent 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 Details

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

Start Date: Thursday, November 19, 2026
Arrival Time: 2:00pm

End Date: Sunday, November 22, 2026
Departure Time: 2:00pm

Location:
Fair Havens Campand ConferenceCentre B2215,
Durham Regional Hwy 48, Beaverton, Ontario, L0K 1A0

Renascent®
The road to recovery starts here.

Retreat Goals and Objectives

At this multi-day event, 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 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.

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.

Renascent®

The road to recovery starts here.

How to Register

Contact Cassandra Switzer, MA., Family & Youth Counsellor
Email: cswitzer@Renascent.ca • Telephone: 416-927-1202 x 4562

*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 Program.