

The Gift Of Love

Often, the people hurt most by addiction don't even drink or use drugs. They are the children of alcoholics and addicts, and they need our support and attention.

According to experts, it is essential for young people to be presented knowledge and coping skills in age-appropriate ways so that they do not become confused or overwhelmed. Important messages for children of alcoholics and addicts to hear include:

- Addiction is an illness.
- It's not your job to make it better.
- You deserve help for yourself.
- You are not alone.
- There are people and places that can help.
- Most of all, children of alcoholics and addicts need to know that they can get help and feel better even if their parent or loved one doesn't stop drinking or drugging.

The Seven C's

I didn't **C**ause it.

I can't **C**ontrol it.

I can't **C**ure it.

but

I can take **C**are of myself
by **C**ommunicating feelings,
Making good **C**hoices and
Celebrating myself.



Children's Program

Interested in Making a Donation?

The Children's Program at Ashley is part of a 501(c)(3) non-profit organization. Your donation will help us continue to offer this program to children and families in need.

You may make a donation online in a fast, secure transaction by visiting the Donate section of www.fathermartinsashley.org.

Donations can be mailed to:

The Children's Program
Father Martin's Ashley
800 Tydings Lane
Havre de Grace, MD 21078
or call 410-273-2227



Father Martin's Ashley
800 Tydings Lane
Havre de Grace, MD 21078
1.800.799.HOPE (4673)
www.fathermartinsashley.org

**Helping children take the first step
toward understanding alcohol
and chemical addiction**

Father Martin's ASHLEY

Growing up in a home with alcoholism or addiction is difficult. Many parents make the assumption that their children have not been affected by addiction in the home because their children do not always express themselves clearly, especially when it comes to something as complicated as addiction.

Current research has shown that growing up in an alcoholic or addicted home is often scary, confusing, frustrating and painful. Sometimes children blame themselves for the problems in the family, act out and have ongoing problems in school, withdraw from others because of trust issues and/or develop alcohol and drug use problems of their own.

It doesn't have to be this way. By providing young people with the support they need, hope can be restored and potential long-term problems can be prevented.

Children growing up in addicted homes need knowledge, support and coping skills. With age-appropriate, accurate information, young people can understand that addiction is an illness – one that they cannot "cure" for their loved ones.

The Rainbow of Hope Children's Program at Father Martin's Ashley allows children to learn about the disease of addiction from caring and professional counselors in a safe way – through art, games, puppets and other youth-friendly activities. Children also have the chance to express their thoughts and feelings and find ways to cope with their concerns as they are empowered.

Parents and other caregivers take part in an all day group experience of their own, led by a professional counselor. Our goal in the Children's Program is to open the lines of communication and find healthier ways to function as a family.

Fees

\$75 for one child

\$100 for two children

\$125 for three or more children

Common Problems for Children of Alcoholics and Addicts

Guilt, Anxiety, Anger, Confusion, Depression, Embarrassment, Isolation, Academic Issues, Delinquency, Physical Complaints, Aggression, Risk Taking, Drug/Alcohol Use

Rainbow of Hope Alumni Days

All of the children who complete the Rainbow of Hope Children's Program are invited to return for the Rainbow of Hope Alumni Days that occur numerous times throughout the year. During these one-day sessions, children learn additional skills about how to cope with challenges they may encounter and how to have fun again as a family all while receiving the support of dedicated counselors and their peers.



"Our family communicates like never before."

(parents)

"I can be happy now. It's not my fault."

(12 year old girl)

"It feels safe here."

(6 year old boy)

When and where is the program?

We offer the Children's Program numerous times per year, depending on demand. The sessions are always on a Saturday, 8:45 a.m. until 3:00 p.m. at the White House on the Ashley campus in Havre de Grace, MD. Directions are available at www.fathermartinsashley.org.

Who should attend?

The program is open to young people ages 6 to 14 and their parents and caregivers. During the day, the children are split into smaller groups depending on their age so that their developmental needs are respected.

How do parents/caregivers participate? What will I learn?

After dropping off their children, parents participate in an all day group experience of their own. The group, led by a professional counselor, focuses on the ways in which families use denial and silence. It also explores ways to open communication and rebuild trust.

Is the program only open to Ashley graduates?

No. The Children's Program is open to any family that has been touched by addiction.

How do I register?

You can register online at www.fathermartinsashley.org. For more information or assistance with your registration, please contact our Administrator of Family Services at 1.800.799.HOPE (4673) x277 or email ashley.family@fmashley.com.

What will you be telling my children about me, or the addict or alcoholic in our family (and my/their addiction)?

We do not share any personal information about you or your addiction with your children. Rather, we allow space for the children to safely gain knowledge about addiction in general and devise strategies to take care of themselves when facing life's difficulties. Children are taught facts about addiction in addition to problem-solving techniques and how to make healthy choices. Most importantly they learn that people suffering from alcoholism and other drug addictions are not bad people, that they have a treatable disease and that there is hope for them and for their loved ones.