

Sponsored by Saddle Lake Health Care Centre, Eagle Healing Lodge, and Jordan's Principle



Thorpkin's Children's Program



An opportunity for children to address the addiction in their family and focus on understanding and recovery.

The Thorpe Recovery Centre's Children's Program for children aged 7 – 12 years is an opportunity for children to address the addiction in their family and focus on understanding and recovery.

The **3 day sessions are age-appropriate workshops** that include role-playing, games, art and therapeutic activities that help to explain what addiction is, how it is not their fault, how to ask for help, how to communicate effectively with their family, and how to practice self-care. In this environment, children are able to express their feelings in a safe environment and are supported by our licensed counsellors to process their emotions. The goal is to mitigate the negative impact addiction has on the entire family and promote healing for all.

It is important that at least one safe adult from the child's everyday environment participates in the Children's Program; this is because the bonds and attachment in an addictive family can be severely distorted (no matter how much the adults may deny it).

A safe adult is someone who is not in active addiction. The safe adult who participates in the Program can be the parent or other family member (sibling, grandparent, guardian, social worker) who may be currently in treatment, or who is in active recovery. The adult(s) must be stable and be able to discuss issues with other family members courteously in order to best address the needs of the child. To provide a safe space for all participants, no one in active addiction is permitted to participate in the Program.

August 28th, 29th and 30th

9am-3pm

Eagle Healing Lodge



Thorpe

Meals and transportation provided

Incentive at the end of the workshop to children who complete the full three days

Non-judgemental and safe environment

Phone lines are down. To sign up, please contact Jordan's Principle at genevieve.jackson@slhcc.net or terri.cardinal@slhcc.net