

800 Tydings Lane
Havre de Grace, MD 21078

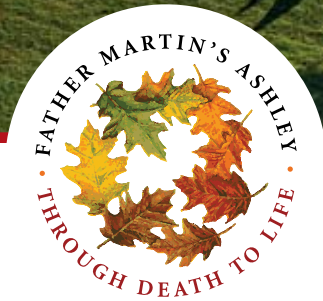
PLEASE OPEN FOR INFORMATION ABOUT A PROGRAM THAT OFFERS
PROFESSIONALLY-LED GROUPS, GREAT FELLOWSHIP AND AN AWE-INSPIRING LOCATION.



PLEASE JOIN US BY THE BAY
Renew, Refresh, Revive

Non-profit and non-denominational
Accredited by The Joint Commission

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PLEASE JOIN US FOR RENEW AT ASHLEY

The Renew at Ashley program is a highly personalized recovery enrichment and relapse prevention program for those in recovery. Renew offers activities and programming that help recovering alcoholics and addicts explore the principles and tools for living an enriched sober life, techniques for avoiding relapse, and skills for building healthy relationships.

Included in the **Renew** schedule (Thursday evening through Sunday noon):

- Daily small group counseling
- Group activities
- 12-step and guided group discussion
- Educational classes
- Recreational activities
- Optional Chapel services

Incorporate your enthusiasm for recovery while gaining insight from Ashley's top clinical professionals in a small group setting. The program is limited to ten participants, so each person is assured personalized attention and maximum benefit from their participation.

TO REGISTER

You may complete your registration online in a fast secure transaction by visiting FatherMartinsAshley.org, and going to the **Renew at Ashley** web page (under Community Programs on the main page). A registration form is also available online for you to download, print, and then mail or fax to our Alumni Office with payment.

Please contact our Alumni Office at 800.799.4673 ext. 303 or email ashley.alumni@fmashley.com if you have questions, need assistance or prefer to register by phone.

Who should participate in Renew at Ashley?

Adults over the age of 18 who have at least three consecutive months of sobriety. Participants should also be emotionally and physically capable of participating in six to eight hours of group activities and workshops per day. All in the recovery community are welcome; you do not need to be an Ashley alumnus to participate. We encourage people from all recovery paths to participate. (If you have a friend or family member currently enrolled as a patient at Ashley, please wait until they have completed inpatient treatment before you come to **Renew**.)

Where is the program held?

Renew is held on the 147-acre Ashley campus on the Chesapeake Bay in Havre de Grace, MD.

How much does it cost to participate in Renew at Ashley?

The program fee of \$1,500 includes registration, all workshops and activities, program materials, all meals, excellent nearby accommodations at the Hilton Garden Inn, including an indoor pool, free Internet access, fitness center, and breakfast every morning. Transportation to and from Ashley will be offered each day.

When is Renew offered?

Renew at Ashley is offered several times per year. The program runs from Thursday evening until Sunday noon. Please check our website FatherMartinsAshley.org and go to the Community Programs section to find information on upcoming dates. Please register early; we are limited to ten spaces per session!

What can I do in the evenings when I'm not on campus?

The historic waterfront town of Havre de Grace, MD offers many dining and recreation experiences for you to enjoy during your evenings away from Ashley. A list of restaurants, sights, shops, and local 12-step meetings will be provided. **Renew** groups are encouraged to attend local 12-step meetings together, or hold their own to enhance their experience.

