

Croí Nua is situated on the grounds of Aiséirí Aislínn, Ballyragget, Co. Kilkenny. The residence is surrounded by mature trees and has magnificent views of the majestic River Nore.

The grounds incorporate a beautiful serenity garden with representation of the Twelve Steps in sculpture and artistic form. All the installations were created by residents of Aislínn in collaboration with staff, local artists and sculptors. The garden was officially opened by President Mary McAleese on April 15th 2003.

Croí Nua offers a peaceful and tranquil setting in which to conduct residential programmes and workshops.

Croí Nua offers the following services:

- Three day weekends and Five day therapeutic residential programmes
- Day recovery programmes on various topics
- Educational programmes: chemical dependency, grief, stress, 12 steps, adolescents & the effects of addiction on families & work colleagues.
- Sibling support
- Group therapy
- 12 step retreats and spiritual renewal
- One to one outpatient therapy
- Acts as a pathway for individuals to access concerned persons group at each of our 3 centres.

CROI NUA

Therapeutic Respite Programme

Aiséirí

Aislínn, Ballyragget, Co. Kilkenny

A Haven of Healing

**Are you feeling:
Stressed?**

Overwhelmed?

Unable to cope?

Grieving/loss?

Affected by someone's addiction?

Do you feel alone?

Anxious?

Contact: Fenton at

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aiséirí
recovery from addiction

*"Home is where one starts from. As we grow older
The world becomes stranger, the pattern more complicated
Of dead and living. Not the intense moment
Isolated, with no before and after,
But a lifetime burning in every moment
And not the lifetime of one man only
But of old stones that cannot be deciphered"*

T.S. ELIOT

Residential Programme

Croi Nua developed out of a desire expressed by parents and adults looking for assistance in living & dealing with chemical abuse, grief, stresses/strains and other issues that are affecting them in their present day lifestyle.

The impact on family/friends during the process of addiction, grief, stress, living with depression is well documented. Feelings of powerlessness, hopelessness guilt, anger, depression and shame are among a range of emotional responses to these crises. Croi Nua offers an opportunity for a person to look at their current situation in order to heal, learn new coping skills, which will help alleviate some of the stresses associated with their issues.

This time is a gift to oneself, for healing, personal growth and spiritual renewal in a safe, nurturing, and supported environment.

During 2014 we have introduced a three day weekend programme to allow family members/professionals to engage on a weekend basis. Caring for another is a wonderful gift, however we can become lost and our reserves depleted. To truly give our best we need to take care of ourselves.

The Programme

The programme is facilitated by experienced therapists and encourages individual growth and healing, through the use of group therapy, one to one counselling, art therapy. A spiritual dimension is encompassed through the use of a beautiful serenity garden incorporating the symbols of the twelve steps. There is also an education element to the programme on addiction, grief, stress and adolescences and on the increasing knowledge and understanding of coping skills.

Who is the programme for?

The programme is for persons over eighteen:

- Who have lost a loved one or a friend
- Those who are affected by another's addiction
- Anyone struggling with the stresses and strains of life
- Persons seeking 12 step retreats and spiritual renewal
- Personal & professional development

Booking Form

**Three day weekend and Five Day
Residential Family Programme**

Name: _____

Address: _____

Phone: _____

Preferred Week:

First Preference: _____

Second Preference: _____

Seminars and Workshops

Name: _____

Address: _____

Phone: _____

Name of Seminar: _____