



The Family Transitions Retreat

We know that early recovery is challenging. This retreat is offered to support you in implementing what you've learned over the Family Program weekend into your daily life. Remember, this is not a self-help program! Our sessions are designed to provide participants with an opportunity to reflect on the topics listed below, offer exercises to look at these topics with a different perspective, and to share their experience, strength and hope with others who would like to reinforce their recovery journey, as well. We look forward to seeing you again and supporting your journey!

Topics for the retreat are:

Trust – Moving from fear to trust

Communication – Moving from dishonesty to honesty

Feelings – Moving from self-pity, shame, and guilt to gratitude

Expectations – Moving from resentment to acceptance

During our sessions, we explore these topics with the following goals:

- increasing self-awareness
- improving connection with our Higher Power
- applying spiritual principles to create change
- reinforcing the need for support through community

The Family Transitions Retreat will be held Saturday, January 15th (check-in between 4 – 5:30 pm) through Sunday, January 16th (check-out at 3 pm). Cost for the retreat is \$125, which includes Saturday night dinner, and breakfast and lunch on Sunday. Scholarship funds are available.

“This was an opportunity to explore more deeply some of the ways I “show up” in my life as a result of my belief systems, be they right or wrong, true or false, effective or disastrous. The sharing among the participants was some of the richest I have ever experienced. My gratitude is infinite.” - Peggy K.

“It was an amazing experience to be able to take the time to delve deeply into topics that are not always easy to discuss. I know that this has given my program added depth and has allowed me to continue to improve and deepen my relationships.” – Lisa D.

For further information, please contact Ellie Hyatt at ehyatt@theretreat.org or Sherry Gaugler at sgaugler-stewart@theretreat.org or call 952.476.0566

The Retreat, 1221 Wayzata Boulevard East, Wayzata, MN 55391

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The Family Transitions Retreat

Enrollment Form

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

Cell Phone: _____ Email: _____

Emergency Contact Name & Phone #: _____

Other special needs – such as dietary restrictions, food allergies, etc.? _____

Briefly, what is your experience with the 12 Steps? _____

Please mail your payment, along with the completed Registration Form to the address below:

The Retreat, 1221 Wayzata Boulevard East, Wayzata, MN 55391

952.476.0566 or 1.877.466.9283

Payment information: *(\$50 of your payment is non-refundable)*

_____ Enclosed is my check payable to The Retreat for \$ _____

_____ Please charge my VISA/MasterCard/Discover/AMEX credit card for _____.

Credit Card # _____ Exp Date: _____

Name & Address on Card (if different from above):

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