



The Family Transitions Series

Many of you indicated an interest in this series when you were here. We know that early recovery is challenging. This series was developed to offer support in the transition from attendance in The Retreat's Family Program to implementing what was learned over that weekend into your daily life. Remember, this is not a self-help program! Our sessions are designed to have others share their experience, strength and hope and to help you continue in your journey with those who are experiencing early recovery, as well. We look forward to seeing you again and supporting your journey!

Topics for the 4-Part Series are:

- I. **Trust** – Moving from fear to trust
- II. **Communication** – Moving from dishonesty to honesty
- III. **Feelings** – Moving from self-pity, shame, and guilt to gratitude
- IV. **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

Upcoming Series

January 11 - February 1, 2010

April 5 - April 26, 2010

September 20 - October 11, 2010

November 15 - December 6, 2010

All sessions are held on Monday nights at the main Retreat building from 6:30 p.m. – 8:30 p.m.

When you enroll, the first topic is **Trust**. If you miss a session, you can attend the same session during the next series when it is repeated. The attached Enrollment form provides additional details. Please feel free to call if you have question or require additional information.

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The Retreat

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The Retreat

1221 Wayzata Boulevard East ~ Wayzata, MN 55391

For further information, please contact Ellie Hyatt ~ ehyatt@theretreat.org ~ 952.476.0566

S:\Weekend Retreats\Family Center Retreats\Family Transition Series\Enrollment Forms



The Family Transitions Series

Enrollment Form

Last Name: _____ First Name: _____

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

Day Phone: _____ Evening Phone: _____

Cell Phone: _____ Email: _____

Emergency Contact Name & Phone #: _____

Session I – Trust: Moving from fear to trust

Session II – Communication: Moving from dishonesty to honesty

Session III – Feelings: Moving from self-pity to gratitude

Session IV – Expectations: Moving from resentment to acceptance

All sessions meet on Monday evenings from 6:30 – 8:30 p.m. at The Retreat’s main building in Wayzata, upstairs conference room. Cost for the 4 sessions is \$125, payable with registration. Fee includes materials. If you miss a session, you can attend that session during the next series when it is repeated.

Requested Start Date: _____

(You will be contacted to confirm your registration due to limited space)

Payment information:

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

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

Credit Card # _____ Exp Date: _____

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

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