



RioRetreatCenter
AT THE MEADOWS

Call to register:
833.749.4891

Dates are subject to change;
please check our website for the
most up-to-date schedule.

RioRetreatCenter.com



MENDING HEARTWOUNDS: Bringing Closure And Healing To Ungrieved, Forgotten, or Hidden Loss

Rio Retreat Center's transformative intensive workshops have been designed by mental health experts and are facilitated by licensed, master's-level therapists and certified professionals. Our workshops specifically address the needs of those who are new in recovery, are stable in recovery and want to deepen their experience, or are looking for a source of renewal. Participants work on sensitive issues in a concentrated format, allowing them to enhance their journey by gaining insight into unhealthy, embroiled patterns and practicing new relational skills within a safe environment.

2022 WORKSHOP DATES

January 10-14	May 2-6	September 12-16
March 14-18	July 11-15	December 12-16

ABOUT THE WORKSHOP

Designed by Tian Dayton, MA, Ph.D., TEP, world-renowned psychodramatist and Meadows Senior Fellow, Mending Heartwounds serves to assist participants in furthering resolution surrounding loss. Some losses are clear, society recognizes them as significant and we have rituals of mourning them. We feel free to ask for support, and more often, support comes our way without our even having to ask.

The kinds of losses that are a part of addiction and dysfunction all too often remain disenfranchised. These losses can lack visibility and clarity; they are hidden and often unseen or misread by others. There can be confusion about who or what exactly was lost or whether there is a loss at all. However, not only do they hurt as much, the very fact that they remain buried, unrecognized and unsupported, can complicate mourning and block our process of grieving. These kinds of losses deserve respect; they need our compassion and care.

Grieving these kinds of losses can bring about change on the inside that leads to change on the outside. Mourning a loss of a connection to self, someone significant, or to a period of life, to addiction and/or dysfunction can be freeing and restoring. It can let us feel whole again, having processed our splintered or buried inner experience and bringing it to comfortable closure. It helps us move on in life, let go of the past and live in the present.

REGISTRATION

Since workshops fill quickly, we encourage making reservations three to four weeks in advance. Register by contacting our Workshop Coordinator at 833.749.4891.

COST

\$3,450 – All-inclusive are meals and evening activities: yoga, Tai Chi, auricular acupuncture, live music, 12-Step meeting, and equine therapy. Access to the Brain Spa and gym are also included in the cost of the workshop.

LOCATION

Rio Retreat Center at The Meadows
1245 Jack Burden Road, Wickenburg, Arizona 85390

LODGING AND TRANSPORTATION

The Rio Retreat Center provides lodging. Rooms are simply appointed and designed to be conducive to the process of healing and recovery. We offer private rooms and the option to share a room for guests who are fully Covid vaccinated.

Ground transportation is available from and to the Phoenix airport with two convenient pickup times for those staying on campus. Airport transportation details are provided with your confirmation email upon completion of the enrollment process.

PLEASE NOTE

Workshop groups run Monday through Friday from approximately 8:30 a.m. to 4:00 p.m. The schedule is somewhat flexible to accommodate the size of the group and group process. Evening programming is provided after dinner. The Rio Retreat Center campus is strictly alcohol and drug free and has a dress code, cell phone, and smoking policy. Please consult our Workshop Coordinator for more information.

CANCELLATION/TRANSFER POLICY

We rely on an accurate attendance count to make important arrangements for your workshop. If a cancellation occurs more than 14 days prior to the start of the workshop, a full refund, less a \$600 administrative fee will be issued or an allowance is made for a one-time transfer to another workshop date. There is a \$100 transfer fee for this service. No cancellation or transfer within 14 days of the workshop date. If you have to cancel or transfer your workshop, please contact our Intake Department at 833.749.4891 as soon as possible — we often have a waiting list of people who want to attend.