



RioRetreatCenter
AT THE MEADOWS

Call to Register: 800.244.4949
www.rioretreatcenter.com

2020 WORKSHOP DATES

March 9-13

July 6-10

November 16-20

COMING HOME

Reaching True Identity and Orientation Empowerment; For The LGBTQ+ Community

Rio Retreat Center at The Meadows offers one-of-a-kind workshops that offer healing and empowerment to individuals in various stages of their recovery. Our workshops address the needs of those who have just begun a recovery process, as well as those who have been on a healing path and may have hit a plateau or want to deepen their experience. Workshops at the Rio Retreat Center are designed to help you understand your needs, desires, emotions, habits, and everything else that makes you who you are. The more you know about yourself, the better equipped you are to engage in healthy relationships and have an improved sense of self.

ABOUT THE WORKSHOP

Coming Home is an experiential workshop specifically designed for the LGBTQ+ community. These individuals—wherever they are on their journey and however they identify, as a gender or sexual minority—have lived unique experiences. Coming together in a safe space with others who have also walked that path brings a sense of belonging and deep acceptance that is longed for.

This workshop was created to help individuals embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation. Led by staff who identify in the community, Coming Home will help participants step into resilience, as the powerful individuals they are meant to be, with their identity and orientation being a part of that.

Participants will learn that empowerment is about feeling comfortable in their skin, feeling liberated from others' constructs about who and how they 'should' be, and giving themselves unshakable permission to be themselves. Empowerment in identity and orientation is truly about coming home to yourself.

In this workshop we will explore therapeutic healing without the burden of heteronormative assumptions and perspectives, and fear of discrimination. Instead, participants will process the intersectionality of sexual orientation, gender identity, race, age, and other factors that make them who they are.

Topics include:

- Minority stress and heterosexual and cisgender privilege
- Coming out, again and again
- Grief and loss as a part of the community experience
- Body image and self-confidence
- Ample time to experientially process your journey, including trauma, hardship, and isolation that may have been acting as a barrier to resilience and empowerment
- Visioning your future

Our community offers:

- A safe, accepting environment with privacy and communal space as needed
- Respect and use of the individual's preferred pronouns and name
- Gender neutral restrooms or use of one that corresponds most closely with gender identity
- Complete confidentiality

REGISTRATION

Since workshops fill quickly, we encourage making reservations three to four weeks in advance. Register by contacting our Workshop Coordinator at **800-244-4949**.

COST

\$3,100 – All-inclusive are meals and evening activities: Yoga, Tai Chi, Auricular Acupuncture, Live Music, and 12-step meeting. 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

Lodging is available at the Rio Retreat Center on a first come, first served basis. Rooms are simply appointed and designed to be conducive to the process of healing and recovery. We offer both shared and private rooms. For those staying on campus, transportation will be available from and to the Phoenix airport with two convenient pickup times. Details will be sent with your confirmation email upon completion of the sign-up process. Those who do not stay at the Rio Retreat Center will be responsible for arranging and paying for their own transportation and lodging in the Wickenburg area. A list of lodging and transportation options will be sent with your workshop confirmation email.

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 800-244-4949 as soon as possible—we often have a waiting list of people who want to attend.