



THRIVE: Going to the Next Level



The Rio Retreat Center at The Meadows one-of-a-kind workshops 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 recovery path and may have hit a plateau or want to deepen their experience. Workshops can also be a source of renewal for anyone who has undergone treatment. Participants work on sensitive issues in a concentrated format allowing them to jump-start and enhance their personal recovery journey by gaining insight into unhealthy patterns and practicing new relational skills within a safe environment.

2021 WORKSHOP DATES

- February 22-26
- August 23-27
- May 10-14
- November 8-12

ABOUT THE WORKSHOP

Designed by **Tian Dayton, MA, Ph.D., TEP**, world renowned psychodramatist and Senior Fellow of The Meadows, THRIVE is an experiential intensive that takes you to the next level of recovery.

Hanging onto old pain keeps us preoccupied with our past and anxious about our future, rather than living in the present. Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential. But before we're able to release worn out roles, we need to give voice and shape to them. This action-oriented process will provide a unique opportunity to engage in an exploration that will lead you to a greater sense of aliveness and purpose: a life changing new experience carved out of time to energize and revitalize—to live your actualized life!

The workshop will emphasize:

- Forgiveness
- Resilience Training
- Post-traumatic Growth
- Consolidating Recovery Gains



Developed in collaboration with **Tian Dayton, MA, PhD, TEP**, Meadows Senior Fellow. Dr. Dayton holds a master's in educational psychology, a PhD in clinical psychology, two certifications as a Montessori teacher and is a trainer of psychodrama. She has drawn from this vast background as well as

35 years serving in the addictions field to create a workshop that will help you THRIVE!

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

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 **833.749.4891** as soon as possible — we often have a waiting list of people who want to attend.