

2021 WORKSHOP SCHEDULE

The Rio Retreat Center at The Meadows offers a variety of unique workshops available to all interested individuals. Many workshops specifically address the needs of those who have just begun a recovery process. In contrast, others help those stable in recovery and ready for the next stage 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 enhance their personal journey by gaining insight into unhealthy, embroiled patterns and practicing new relational skills within a safe environment.

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

EMOTIONAL TRAUMA

SURVIVORS I: HEALING CHILDHOOD RELATIONAL TRAUMA

Delves into childhood trauma that impacts current day life. Conducted weekly with the exception of Thanksgiving, Christmas and New Year's.

SURVIVORS II: ALUMNI CONTINUING THE HEALING JOURNEY

Addresses unresolved trauma and self-defeating behaviors that are manifested in dysfunctional patterns. (Prerequisite: Survivors I)

Jan. 11-15	May 3-7	Sept. 6-10
Feb. 8-12	May 31-June 4	Oct. 4-8
Mar. 8-12	July 5-9	Nov. 1-5
Apr. 5-9	Aug. 2-6	Dec. 6-10

THE BETRAYAL BOND: BREAKING FREE OF ABUSIVE AND EXPLOITIVE RELATIONSHIPS

Designed to help participants free themselves from, and recover from, abusive and exploitive relationships, processes, and situations.

Mar. 29-Apr. 2	Sept. 20-24
June 14-18	Nov. 15-19

MENDING HEARTWOUNDS: BRINGING CLOSURE AND HEALING TO UNGRIEVED, FORGOTTEN, OR HIDDEN LOSS

Serves to assist participants in furthering resolution surrounding loss.

Jan. 4-8	June 28-July 2	Nov. 29-Dec. 3
Mar. 29-Apr. 2	Sept. 20-24	

SPIRIT QUEST: SELF-DISCOVERY THROUGH HORSES

Combining The Meadows Model, Somatic Experiencing®, mindfulness, and natural horsemanship this unique, cutting edge workshop allows for a distinct healing experience.

Mar. 15-19	Nov. 15-19
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RELATIONSHIPS

COUPLES BOOTCAMP

Examines and improves existing intimate relationships.

Jan. 4-8	May 3-7	Sept. 13-17
Feb. 1-5	June 7-11	Oct. 18-22
Mar. 1-5	July 5-9	Nov. 15-19
Apr. 5-9	Aug. 2-6	Dec. 13-17

FAMILY MATTERS

Intervenes on dysfunction within the family system and builds family strengths. Scheduled upon request.

HEALING INTIMATE TREASON: FOR PARTNERS OF SEX ADDICTS

Designed to repair the trauma experienced by partners of sex addicts.

Jan. 11-15	May 31-June 4	Sept. 27-Oct. 1
Feb. 8-12	June 28-July 2	Oct. 25-29
Mar. 8-12	July 26-30	Nov. 29-Dec. 3
Apr. 19-23	Aug. 30-Sept. 3	

LOVE ADDICTION/LOVE AVOIDANCE

Explores the interactive cycle between relationship dependence and avoidance.

Jan. 25-29	May 24-28	Sept. 13-17
Feb. 22-26	June 21-25	Oct. 11-15
Mar. 22-26	July 19-23	Nov. 8-12
Apr. 26-30	Aug. 16-20	Dec. 13-17

PURPOSEFUL PARENTING: REDEFINING YOUR FAMILY LEGACY

Changing the legacy is not only possibly but probable if we're willing to invest the kind of time and effort it takes to examine our inner world and our capacity for quality intimacy.

May 21-23	July 16-18	Oct. 29-31
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PERSONAL GROWTH

COMING HOME: REACHING TRUE IDENTITY AND ORIENTATION EMPOWERMENT; FOR THE LGBTQ+ COMMUNITY

Created to help individuals embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation.

Apr. 12-16	Aug. 9-13	Oct. 18-22
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LIFE WITHOUT ED: TRANSFORM YOUR RELATIONSHIP WITH FOOD AND YOUR BODY

Based on the best-seller Life Without Ed® and co-facilitated by author Jenni Schaefer, this 3-day workshop will help participants to move beyond problems with eating and body image and to jump into their own life.

July 16-18	Dec. 10-12
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MEN'S SEXUAL RECOVERY

Offers men healthy alternatives to compulsive sexuality.

Jan. 18-22	May 17-21	Sept. 6-10
Feb. 15-19	June 14-18	Oct. 4-8
Mar. 15-19	July 12-16	Nov. 1-5
Apr. 12-16	Aug. 9-13	Dec. 6-10

MIND & HEART: A MINDFUL PATH TO WHOLEHEARTED LIVING

Cultivates greater awareness and compassion for the self-defeating patterns of thinking, feeling, and behaving—which are critical steps in making meaningful and lasting change.

May 10-14	Oct. 11-15
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THRIVE: GOING TO THE NEXT LEVEL

Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential.

Feb. 22-26	Aug. 23-27
May 10-14	Nov. 8-12

WOMAN'S INTIMACY RECOVERY

Addresses sensitive sexual concerns experienced by women.

Mar. 1-5	June 7-11	Oct. 18-22
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PRIVATE INTENSIVES

Our team of highly qualified experts utilizes cutting-edge modalities to tailor an intensive workshop experience to the specific needs of each client or family and can accommodate a flexible schedule. Scheduled upon request.

Lodging is available at the Rio Retreat Center on a first come, first served basis. We offer both shared and private rooms. For those staying on campus, transportation is available from the Phoenix airport with two convenient pickup times.

Workshop participants enjoy three healthy meals a day, prepared at our facility. Meals are included in the registration cost. Additional complimentary activities include:

- Expressive Arts
- Auricular Acupuncture
- 12-step meetings
- Challenge courses
- Equine therapy
- Tai Chi
- Yoga
- Live musical performances
- Fire pit