



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

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.

ABOUT THE WORKSHOP



Designed by **Tian Dayton, MA, Ph.D., TEP**, world renowned psychodramatist and Senior Fellow of The Meadows, Mending Heartwounds serves to assist participants in furthering resolution surrounding loss. Some losses are clear, society recognizes them as significant and we have rituals to mourn them. We feel free to ask for support and more often, support comes our way without our even having to ask. But the kinds of losses that are a part addiction and dysfunction, all too often remain disenfranchised. These losses can lack visibility and clarity, they are hidden and often times remain unseen or misread by others. And there can be confusion as to exactly who or what has been 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, to someone significant, 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 to move on in life, let go of the past and live in the present.

WORKSHOP DATES

Please visit our website at www.rioretreatcenter.com for the most up-to-date information on workshop dates.

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, and all workshop guests stay on campus to preserve a safe, supportive container. 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. 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.