



# MEN'S SEXUAL RECOVERY

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

- January 18-22      • May 17-21      • September 6-10
- February 15-19    • June 14-18     • October 4-8
- March 15-19      • July 12-16     • November 1-5
- April 12-16      • August 9-13    • December 6-10

## ABOUT THE WORKSHOP

Grounded in Patrick Carnes' recovery model, Men's Sexual Recovery addresses sexual obsession and compulsive behaviors. Men are often hesitant to discuss sexual feelings and experiences. Consequently, they carry burdens of shame and painful memories of unresolved sexual experiences or uncontrolled sexual behaviors. When appropriately managed, sexual drive can be a positive and productive life force that compels us to form relationships that inspire us to live better lives. This inner drive is explored—with compassion, humor, and zest for life—as participants are reminded that sex can be enjoyable, fulfilling, and deeply meaningful.

This workshop helps to lift the shame and resolve sexual dilemmas and self-destructive behaviors. It broadens many participants' views about sexuality, as they learn how to have productive experiences, maintain positive relationships, and avoid the harmful patterns of the past. The workshop is best for those who want to:

- Jump-start their recovery process
- Prevent relapse
- Acquire tools to support continued recovery

## 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.