



RioRetreatCenter
AT THE MEADOWS

PURPOSEFUL PARENTING: Redefining Your Family Legacy

2021 WORKSHOP DATES

May 21-23 | July 16-18 | October 15-17

The Rio Retreat Center at The Meadows one-of-a-kind workshops offer healing and empowerment to individuals, couples, and families 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

Today, psychologists are talking more about how we are with our children than what we are doing to them. We parent through interaction, through modeling, through being in the alive, connected, and affect-laden moment with our children. Parenting is a team effort, and while the parents are the leaders of that team, we need to create buy-in from all members to move forward and succeed as a family.

Who we are speaks louder than what we say. We tell our children who we want them to be by how we are; by how we think, talk, empathize, and behave in our own lives. Passing down pain is natural and inevitable. Passing down joy, resilience, and strength is also natural. We stop passing down pain and dysfunction by examining our own past and by understanding what from our past relationships, we may be recreating in our present relationships.

Confusing our own inner child with the child we're parenting is a common outgrowth of living with the kind of dysfunction that can become intergenerational. That dysfunction can be the result of addiction or other issues within the family resulting in relational trauma. If that hurt remains unaddressed, it impacts our ability to parent in healthy ways, and to thrive as a family.

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. These are three days that can change your life and the lives of those you love.



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 not only become a better parent but a better you!

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

\$1,500 — All-inclusive are meals (dinner Friday through lunch Sunday), two nights on-campus lodging, ground transportation to and from Phoenix Sky Harbor Airport, and evening activities. Access to the Brain Spa and pool 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

The workshop will run from 1:00 p.m. on Friday through 4:00 p.m. on Sunday. The schedule is somewhat flexible to accommodate the size of the group and group process. 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 this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund will be issued, minus a \$200 administrative fee. Cancellations less than 14 days before the beginning date of the training are non-refundable. 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.