

Call to register:  
833-749-4891

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

RioRetreatCenter.com



# THRIVE: Going to the Next Level

Rio Retreat Center's transformative intensive workshops have been designed by mental health experts and are facilitated by licensed, master's-level therapists and certified professionals. Our workshops specifically address the needs of those who are new in recovery, are stable in recovery and want to deepen their experience, or are looking for a source of renewal. Participants work on sensitive issues in a concentrated format, allowing them to enhance their journey by gaining insight into unhealthy, embroiled patterns and practicing new relational skills within a safe environment.

## 2023 WORKSHOP DATES

January 16-20      April 10-14      July 10-14      October 16-20

## ABOUT THE WORKSHOP

Designed by Dr. Tian Dayton, world-renowned psychodramatist and Meadows Senior Fellow, 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



**Tian Dayton, MA, Ph.D., TEP**, 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 83-749-4891.

## COST

\$3,950, which includes meals, evening activities, Brain Center, and gym access (NOTE: Most workshops are now eligible for reimbursement through most insurance plans.)

## LOCATION

Rio Retreat Center at The Meadows  
1245 Jack Burden Road, Wickenburg, Arizona 85390

## LODGING AND TRANSPORTATION

The Rio Retreat Center provides lodging. 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 three convenient pickup times for those staying on campus. 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.