

## Personal Growth Workshop

# MEN'S SEXUAL RECOVERY

### Offering Men Healthy Alternatives to Compulsive Sexuality

#### WHO IS THIS WORKSHOP RIGHT FOR?

Anyone carrying the burden of shame and painful memories around unresolved sexual experiences or uncontrolled sexual behaviors who wants to find freedom and create healthier patterns

#### ALL ABOUT THIS WORKSHOP

Men are often hesitant to discuss sexual feelings and experiences. Consequently, they carry burdens of shame and painful memories of unresolved sexual interactions 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.

A powerful workshop grounded in Dr. Patrick Carnes' recovery model, Men's Sexual Recovery helps 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 for those who want to:

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

#### LOCATION

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

#### DATES

Visit [RioRetreatCenter.com/Calendar](http://RioRetreatCenter.com/Calendar) for the most up-to-date workshop dates.

#### COST

Workshop pricing includes meals, evening activities, and Brain Center and gym access. We also offer several on-site lodging options. (NOTE: Most workshops are eligible for reimbursement through most insurance plans.)

#### REGISTRATION

Workshops fill up quickly, so we encourage planning ahead. Register at [RioRetreatCenter.com](http://RioRetreatCenter.com).

#### SCHEDULE

Workshop groups run Monday through Friday from approximately 8:30 am to 4 pm, with evening programming provided after dinner.

#### MORE INFO

For additional details, scan the QR code or visit us online at [RioRetreatCenter.com](http://RioRetreatCenter.com).





# RioRetreatCenter

AT THE MEADOWS

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 are perfect for those who are new in recovery, are stable in recovery and want to deepen their experience, or simply anyone 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.



## TRANSPORTATION

Ground transportation to Rio Retreat Center is available from and to the Phoenix airport with three convenient shuttle service pickup times for those staying on campus. Details will be sent with your confirmation email upon completion of the registration process.

## AMENITIES

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

- Expressive arts
- Challenge courses
- Acupuncture
- Workout facility
- 12-step meetings
- Pool (seasonal)
- Yoga
- Brain Center
- Tai Chi
- Labyrinth
- Equine experiential
- Live music

## LODGING

Our on-site rooms are available on a first-come, first-served basis and are simply appointed and designed to be conducive to the healing and recovery process.



### ESTANCIA:

Double occupancy with queen-size beds



### BUNKHOUSE:

Double occupancy with full-size beds



### HACIENDA:

Single occupancy with one queen-size bed for those who prefer a bit more space and privacy

## CANCELLATION POLICY:

We rely on an accurate attendance count to make the necessary arrangements for this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable. If you need to cancel your registration, please contact our Admissions Department at 833-749-4891 as soon as possible.