

## Relationships Workshop

# FAMILY MATTERS

### Addressing Dysfunction Within the Family System to Build on Family Strengths

#### WHO IS THIS WORKSHOP RIGHT FOR?

A single family interested in gaining insight into how they can function better as a whole, managing conflicts and issues with practical new tools (children must be 14+ and require admin. approval)

#### ALL ABOUT THIS WORKSHOP

Designed for privacy and tailored to meet the unique needs of a single family, the objective of the Family Matters workshop is to establish a supportive and safe environment by encouraging authenticity, productive communication, and healthy boundaries while working through difficult issues. Family members learn how co-dependent behaviors, trauma, mood disorders, and/or addictions can impact a family system. The primary goal of the workshop is to help members bridge the gaps that have plagued the family system and develop tools to successfully enhance recovery and a relational family system.

This workshop is important because it can:

- Teach family members about how families function in general and how their own family functions.
- Help the family focus less on the member(s) identified as ill and more on the family as a whole.
- Identify conflicts and anxieties and help the family develop strategies to resolve them.
- Strengthen all family members so they can work on their problems together.
- Teach ways to handle conflicts and changes within the family differently.

#### 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 schedule.

#### 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).





# Rio Retreat Center

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.