



Emotional Trauma Workshop **SURVIVORS II**

Continuing the Healing Journey

WHO IS THIS WORKSHOP RIGHT FOR?

Alumni of any Meadows Behavioral Healthcare inpatient program or anyone who has completed our Survivors I workshop and wants to continue the groundbreaking work accomplished in those sessions

ALL ABOUT THIS WORKSHOP

Survivors II is an advanced intensive workshop customized to meet the needs of alumni of our inpatient treatment programs or our Survivors I standalone workshop, with participants using this advanced insight and awareness they've gained to further the initial work done.

Designed for those with unresolved childhood and/or adult relational trauma who are seeking healing and freedom from lingering emotional and behavioral struggles, this workshop builds on the healing work accomplished in Survivors I.

Primarily experiential in nature, Survivors II encompasses psychodrama, art therapy, mindfulness, psychoeducation, and other therapeutic techniques to fulfill the needs of each group participant. This collective group of alumni allows for deep work to transpire, taking our essential Survivors course to the next level. (Completing Survivors I is a prerequisite to register for Survivors II.)

LOCATION

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

DATES

Visit 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.

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.





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.