



RioRetreatCenter  
AT THE MEADOWS

# 2024 WORKSHOP SCHEDULE

Find Healing, Growth, and Empowerment at Any Stage of Your Journey

## EMOTIONAL TRAUMA

### Survivors I: Healing Childhood Relational Trauma

Delves into past trauma or hurtful experiences that impact current day life. Conducted weekly with the exception of Thanksgiving, Christmas, and New Year's

### Survivors II: Alumni Continuing the Healing Journey

A continuation of the groundbreaking work accomplished in an MBH program or during Survivors I

Jan 8-12	April 8-12	July 1-5	Sept 23-27
Feb 12-16	May 6-10	July 29-Aug 2	Oct 21-25
March 4-8	June 3-7	Aug 26-30	Nov 18-22

### Mending Heartwounds: Bringing Closure and Healing to Ungrieved, Forgotten, or Hidden Loss

Serves to assist participants in furthering resolution surrounding loss

Feb 5-9	May 13-17	Aug 5-9	Oct 7-11
April 1-5	June 24-28	Sept 9-13	Nov 18-22

### PARTS (Personal Awareness & Recovery Through Self)

Focusing on the internal relationship between parts of the Self which are adaptations from adverse experiences, participants work on processing each of their "parts" in order to return balance and harmony to the Self.

Jan 29-Feb 2	April 22-26	July 22-26	Nov 4-8
March 11-15	June 10-14	Sept 30-Oct 4	

### Spirit: Self-Discovery Through Horses

Experiential offering that combines horsemanship, Somatic Experiencing®, The Meadows Model, and mindfulness to address issues to find healing

March 18-22    Oct 21-25

### The Betrayal Bond: Breaking Free of Abusive and Exploitive Relationships

Designed to help participants free themselves and recover from abusive and exploitive relationships, processes, and situations

Jan 22-26	May 27-31	Sept 2-6
March 25-29	July 22-26	Dec 16-20

## PRIVATE INTENSIVES

Our team of highly qualified experts utilizes cutting-edge modalities to tailor an intensive workshop experience to the specific needs of each client or family and can accommodate a flexible schedule. Scheduled upon request.

## RELATIONSHIPS

### Couples Repair & Reset

Examines and improves existing intimate relationships

Jan 15-19	April 15-19	July 15-19	Oct 14-18
Feb 12-16	May 20-24	Aug 19-23	Nov 11-15
March 18-22	June 17-21	Sept 16-20	Dec 9-13

### Family Matters

Intervenes on dysfunction within the family system and builds family strengths (scheduled upon request)

### Healing Intimate Treason: For Partners of Sex Addicts

Designed to repair the trauma experienced by partners of sex addicts

Jan 22-26	April 15-19	Aug 12-16	Dec 2-6
Feb 19-23	May 20-24	Sept 23-27	
March 25-29	June 24-28	Oct 28-Nov 1	

### Love Addiction/Love Avoidance

Explores the interactive cycle between relationship dependence and avoidance

Jan 15-19	April 1-5	July 8-12	Oct 7-11
Feb 5-9	May 13-17	Aug 5-9	Nov 4-8
March 4-8	June 10-14	Sept 9-13	Dec 2-6

## PERSONAL GROWTH

### Coming Home: For the LGBTQ+ Community

Created to help individuals embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation

Feb 26-Mar 1    Sept 30-Oct 4

### Men's Sexual Recovery

Offers men healthy alternatives to compulsive sexuality

Jan 8-12	April 8-12	July 29-Aug 2	Nov 11-15
Jan 29-Feb 2	May 6-10	Aug 19-23	Dec 16-20
Feb 26-Mar 1	June 3-7	Sept 16-20	
March 18-22	July 1-5	Oct 14-18	

### Thrive: Going to the Next Level

Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential

Feb 19-23    April 29-May 3    Oct 28-Nov 1    Dec 9-13

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

## ABOUT US

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.



## REGISTRATION

Since workshops fill quickly, we encourage making reservations three to four weeks in advance. Register by visiting [RioRetreatCenter.com](http://RioRetreatCenter.com) or calling 833-749-4891.

## 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.)

## LOCATION

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

## 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

## TRANSPORTATION AND LODGING

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. 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 include queen-size beds



### BUNKHOUSE:

Double occupancy includes full-size beds



### HACIENDA:

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

## MORE INFO:

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



## 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 \$600 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable.