

# Personal Growth Workshop COMING HOME

## Helping You Achieve Lasting Change and Find Acceptance

### WHO IS THIS WORKSHOP RIGHT FOR?

LGBTQ+ individuals

### ALL ABOUT THIS WORKSHOP

The primary goal of this workshop is for individuals to embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation.

Led by staff who identify in the community, Coming Home will help participants step into resilience as the powerful individuals they are meant to be, integrating identity and orientation. In this workshop, we will explore therapeutic healing without the burden of heteronormative assumptions and perspectives or fear of discrimination. Instead, participants will process the intersectionality of sexual orientation, gender identity, race, and other factors that make them who they are.

Participants will learn that empowerment is about feeling comfortable in their skin, feeling liberated from others' constructs about who and how they "should" be, and giving themselves unshakable permission to be themselves. Empowerment in identity and orientation is truly about coming home to yourself.

Topics include:

- Minority stress and heterosexual/cisgender privilege
- Coming out, again and again
- Grief and loss as a part of the community experience
- Body image and self-confidence
- Visioning your future

### 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

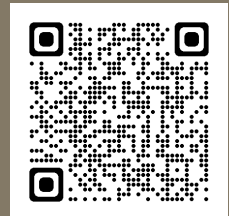
Workshops fill up quickly, so we encourage planning ahead. Register at [RioRetreatCenter.com](http://RioRetreatCenter.com).

### 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 \$600 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.