



RioRetreatCenter AT THE MEADOWS

2025 WORKSHOP SCHEDULE

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 any MBH inpatient program or during Survivors I

Jan 6-10	April 7-11	June 30-July 4	Sept 22-26
Feb 10-14	May 5-9	July 21-25	Oct 20-24
March 3-7	June 2-6	Aug 18-22	Nov 17-21

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

Serves to assist participants in furthering resolution surrounding loss

Feb 3-7	May 12-16	Aug 4-8	Oct 6-10
Mar 31-Apr 4	June 23-27	Sept 8-12	Nov 17-21

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 27-31	April 21-25	July 28-Aug 1	Sept 29-Oct 3
March 10-14	June 9-13	Aug 25-29	Nov 3-7

Spirit: Self-Discovery Through Horses

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

March 17-21 Oct 20-24

The Betrayal Bond: Breaking Free of Abusive and Exploitive Relationships

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

Jan 20-24	May 26-30	Sept 1-5
March 24-28	July 28-Aug 1	Dec 15-19

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 13-17	April 14-18	July 14-18	Oct 13-17
Feb 10-14	May 19-23	Aug 18-22	Nov 10-14
March 17-21	June 16-20	Sept 15-19	Dec 8-12

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 20-24	April 14-18	Aug 11-15	Dec 1-5
Feb 17-21	May 19-23	Sept 22-26	
March 24-28	June 23-27	Oct 27-Oct 31	

Love Addiction/Love Avoidance

Explores the interactive cycle between relationship dependence and avoidance

Jan 13-17	March 31-Apr 4	July 7-11	Oct 6-10
Feb 3-7	May 12-14	Aug 4-8	Nov 3-7
March 3-7	June 9-13	Sept 8-12	Dec 1-5

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 24-28 July 14-18 Sept 1-5

Men's Sexual Recovery

Offers men healthy alternatives to compulsive sexuality

Jan 6-10	April 7-11	July 21-25	Nov 10-14
Jan 27-31	May 5-9	Aug 25-29	Dec 15-19
Feb 24-28	June 2-6	Sept 15-19	
March 17-21	June 30-July 4	Oct 13-17	

Thrive: Going to the Next Level

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

Feb 17-21 April 28-May 2 Oct 27-31 Dec 8-12

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 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

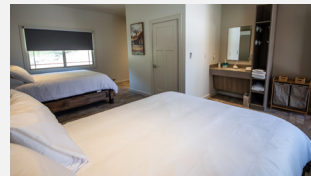
AMENITIES:

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

- Expressive arts
- Challenge courses
- Acupuncture
- Workout facility
- 12-step meetings
- Pool (seasonal)
- Yoga
- Britain 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.



CANCELATION 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.