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the retreat



RECOVERY
STARTS
HERE



- Men's Residential Program
- Women's Residential Program
- Evening Program
- 55PLUS Program
- Family Program
- What to Expect
- Program Pricing and Information

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MEN'S RESIDENTIAL RECOVERY PROGRAM



THERE IS
HOPE

“Our whole attitude
and outlook upon life
will change.”

— Alcoholics Anonymous

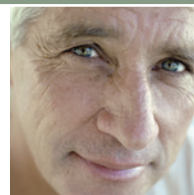
WE CAN
HELP

THE RETREAT RESIDENTIAL CENTER FOR MEN

welcomes you into a respectful, caring sober community formed on the spiritual foundation of helping one another build new lives in recovery. It's your place to explore and study Twelve Step principles and practices—and apply this wisdom in daily life.

RECOVERY WITHIN REACH

*You have what it takes to
live free from alcohol or
drugs. One day at a time.*



When you step into our Men's Center, you will quickly discover that you are an integral member of a caring community. Our shared goal is the freedom, dignity and joy that comes with long-term, spiritually-grounded recovery.

HOW IT WORKS

The Retreat surrounds you with other men from all walks of life who, like you, are motivated to change. Through mutual support and the time-tested tools of Twelve Step recovery hope can be found.

You will:

- gain the insights and practical skills you need to live a happy sober life
- learn from men who are living the Twelve Step principles of Alcoholics Anonymous at the highest level
- practice the principles of recovery alongside a community of recovering staff and volunteers who share their experience, strength and hope

Guests stay at the Men's Center for 30–90 days, based on individual needs and circumstances. Your program cost includes participation of a loved one in our four-day residential Family Program.

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1221 Wayzata Blvd East • Wayzata, MN 55391

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WOMEN'S RESIDENTIAL RECOVERY PROGRAM



THERE IS
HOPE

**"We are going to know a
new freedom and a new
happiness."**

— Alcoholics Anonymous

WE CAN
HELP

THE RETREAT RESIDENTIAL CENTER FOR WOMEN welcomes you into a respectful, caring sober community formed on the spiritual foundation of helping one another build new lives in recovery. It's your place to explore and study Twelve Step principles and practices—and apply this wisdom in daily life.

RECOVERY WITHIN REACH

*You have what it takes to
live free from alcohol or
drugs. One day at a time.*



When you step into our Women's Center, you will quickly discover that you are an integral member of a caring community. Our shared goal is the freedom, dignity and joy that comes with long-term, spiritually-grounded recovery.

HOW IT WORKS

The Retreat surrounds you with other women from all walks of life who, like you, are motivated to change. Through mutual support and the time-tested tools of Twelve Step recovery hope can be found.

You will:

- gain the insights and practical skills you need to live a happy sober life
- learn from women who are living the Twelve Step principles of Alcoholics Anonymous with commitment and authenticity
- practice the principles of recovery alongside a community of recovering staff and volunteers who share their experience, strength and hope

Guests stay at the Women's Center for 30–90 days, based on individual needs and circumstances. Your program cost includes participation of a loved one in our four-day residential Family Program.

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EVENING
PROGRAMTHERE IS
HOPE

“The tremendous fact for every one of us is that we have discovered a common solution.”

— Alcoholics Anonymous

WE CAN
HELP

THE RETREAT EVENING PROGRAM immerses you in what it means to “live in the solution”—by learning to incorporate the principles and practices of Twelve Step recovery in your relationships and daily activities.

RECOVERY
THAT LASTS

You have what it takes to live free from alcohol or drugs. One day at a time.



Whether you’re newly sober, recently experienced a relapse, or seek greater spiritual fitness, our Evening Program provides you with the Twelve Step tools, guidance, and support to build long-term recovery.

HOW IT WORKS

Our Evening Program focuses on the collective wisdom and mutual support of Twelve Step recovery. We surround you with others from all walks of life who, like you, are motivated to keep learning, growing, and moving forward in recovery.

You will:

- gain an in-depth understanding of the “design for living” as outlined in *Alcoholics Anonymous*
- discover new insight into your attitudes, thoughts, and behaviors related to addiction
- establish a peer support network to nurture and strengthen your recovery

Our 18-week program meets conveniently two evenings a week at either our Wayzata or St. Paul location.

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55PLUS
PROGRAMTHERE IS
HOPE

“The most satisfactory
years of your existence
lie ahead”

-Alcoholics Anonymous

WE CAN
HELP

THE RETREAT 55PLUS PROGRAM immerses you in a vibrant, welcoming recovery community. The rewards are endless as you learn to incorporate the spiritual principles of the Twelve Steps into your relationships and daily activities.

COME
JOIN US!

*You have what it takes to
live free from alcohol or
drugs, one day at a time.*



Recovery from addiction as we get older has unique hurdles that are addressed in our age-specific program. Do you struggle with grief and loss issues related to aging, divorce, and retirement? As the nest empties, are you feeling a loss of purpose, function and meaning, and increased financial insecurity? Are you worried about health issues and feeling isolated? Then our program, steeped in the spiritual principles of the 12 Steps, is for you!

- Here you will find a community of women and men age 55 and over, who are, side by side, discovering the new beginnings that your recovery from addiction can foster!
- You will be provided with 12 Step tools, education and guidance, and the peer support you need to build a rewarding new life.
- Additional benefits of our unique 55Plus Program include twice weekly life long, staff-facilitated Big Book studies, as well as almost-daily elders AA meetings.

Program Basics:

- 8-week Day Program for people over 55.
- Meets Mondays and Wednesdays from 9 am-3 pm.
- We also offer a dual track option which includes a 30-day residential recovery program and the 55Plus Program.

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FAMILY
PROGRAMTHERE IS
HOPE

“The first gift a newcomer
receives from contact
with Al-Anon is hope.”

— Al-Anon, One Day at a Time

WE CAN
HELP

THE RETREAT FAMILY PROGRAM provides you with the insight and tools you need to cope with a loved one's addiction in ways that are healthy and healing for everyone involved.

RECOVERY
FOR YOU, TOO

*Addiction is a family
problem that requires
a family solution.*



When you attend our Family Program, you will quickly discover that you are not alone. You will be learning with others who understand the struggles of living with addiction.

Our Family Program is built on the belief that someone's addiction impacts all who care about them. We help you understand the nature of addiction, the family dynamics involved, and the healing process of Twelve Step recovery. During your four-day residential experience at The Retreat, you will:

- be welcomed into the warmth and beauty surrounding The Retreat's McIver Center
- gain insight and understanding through personal reflection, discussions, and educational sessions
- learn tools for coping constructively with addiction and responding to your loved one in ways that are caring and helpful
- discover that you can have serenity, and experience hope in your life, regardless of outside circumstances

Our Family Program is open to anyone who may want to attend. You do not need to have a loved one connected to The Retreat to attend the Family Program.

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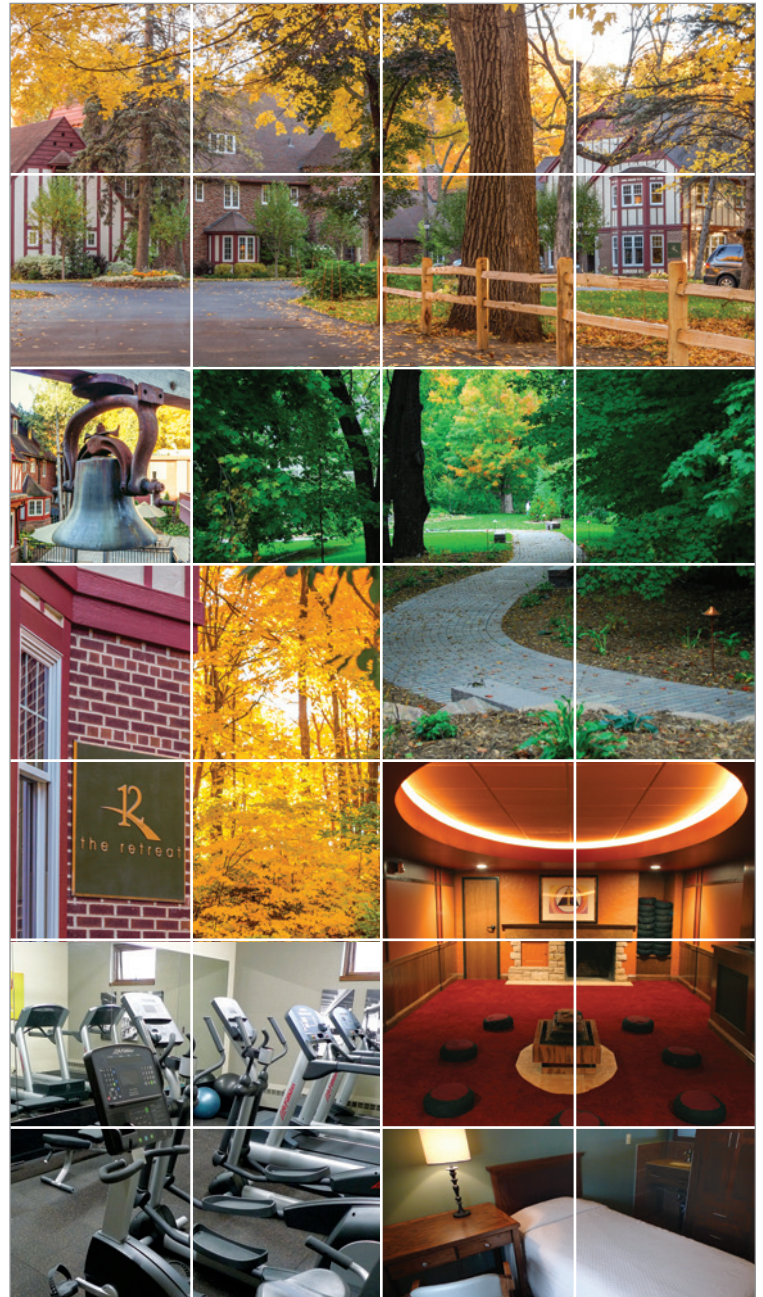
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WHAT TO EXPECT

Through daily Twelve Step meetings, lecture and video presentations, group discussions and Alcoholics Anonymous-approved literature, guests at The Retreat support one another in exploring the attitudes, behaviors and skills necessary to build a solid foundation for recovery. Guests develop an in-depth understanding of the basic principles of recovery as outlined in the Alcoholics Anonymous text.

- 7:15** Meditation Practice
- 7:30** Breakfast
- 8:00** Big Book Study Group
- 10:00** Living Sober Study Group
- 11:00** Lecture Presentation
- 12:00** Lunch
- 1:00** Community Meeting; Meditation; 4th/10th Step; Al-Anon Speaker Meeting (Sunday)
- 2:00** Big Book Worksheets Group
- 3:00** Personal Time
- 5:30** Dinner
- 7:00** In-House or Outside AA Meeting
- 9:00** 10th Step Group

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PROGRAM PRICING AND INFORMATION



RESIDENTIAL PROGRAMS

Establish a solid foundation of recovery.

The residential programs can range from 30 to 90 day stays.

30-day stay = \$5,400; each incremental 30-day stay = \$4,600

30-day stay + Evening Program = \$5,400 + \$2,400

30-day stay + 55PLUS Program = \$5,400 + \$950

RELAPSE PROGRAM

The Retreat offers a relapse program for those that have been in recovery and have had a very brief relapse.

The program is typically only available to those that are currently living in a sober living environment and will be returning upon completion of the program.

10-14 days = \$168 per day

EVENING PROGRAM

Teaching and supporting the practice of recovery essentials.

18 week program = \$2,900

Phase I: 6 weeks (2 days per week)

Phase II: 12 weeks (1 day per week)

**Program scholarships are available for qualified applicants*

55PLUS PROGRAM

A curriculum designed for adults aged 55+.

8 weeks (2 days per week) = \$1,900 (lunch included)

RENEWAL PROGRAM

The Retreat's Renewal Program provides an opportunity for individuals, already in recovery, to get "back to the basics" by immersing themselves in our program and daily routine along with the residential guests.

5-7 day (minimum 4 days) = \$168 per day

FAMILY PROGRAM

Support for those who have been impacted by someone's alcohol or drug addiction.

Weekend program: Thursday evening through Sunday afternoon = \$495 (includes lodging, meals and materials)

RETREAT & WORKSHOPS

We believe the development of the human spirit is critical to a successful and fulfilling life. The McIver Center provides a reflective and nourishing retreat space for this purpose. For a list of current retreats and workshops, visit our website: theretreat.org.

SOBER HOUSING

We operate six long-term sober-living residences in St. Paul's historic Crocus Hill neighborhood which serve as transitional, self-governing sober living facilities for men and women. The Residences give individuals the opportunity to practice the principles of recovery in their daily lives.

The cost ranges from \$575 to \$850 per month



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