

# The National Center for Women's Recovery

*A SPACE FOR WOMEN  
TO CONNECT AND HEAL  
FROM ADDICTION*



12

the retreat

# A Need

## ***A GLOBAL CRISIS THAT HITS CLOSE TO HOME***

According to the CDC, 88,000 people die every year from alcohol abuse (the fourth-leading preventable cause of death). In 2016, 62,500 people died from drug overdoses. And it's estimated that there are currently 21 million alcohol- and drug-dependent individuals in the U.S.

The crisis is even worse for women. Since the 2010 census, white college-educated females aged 30–50 is the only demographic group whose life expectancy has declined, mainly due to alcoholism and addiction. Yet, men outnumber women two-to-one in treatment and recovery services. For women, seeking help can be further complicated by work and family obligations, social stigma, and concerns of access and affordability.



“ We create  
space for women  
to connect and heal  
from addiction. ”

ANDREA BRUNER  
*Women's Program Coordinator at The Retreat*

# A Space

## **A HEALING SPACE EXCLUSIVELY FOR WOMEN**

Recovery is about connection. That's why we created the Center for Women's Recovery to better foster community, caring and connection.

*The Retreat's new facility was designed to address the unique needs of women:*



Conveniently located 10 minutes west of Minneapolis nestled in the Wayzata Big Woods Nature Preserve, a secluded 22-acre hardwood forest teeming with wildlife



Holistically designed, state-of-the-art meditation & yoga studio



Beautifully appointed living and gathering spaces with coffee stations on all four floors



Space for 32 women in both private and double rooms



Four-season cabin, patios, gardens and nature trails to enjoy year-round



Large dining room featuring nutritious meals prepared by our Executive Chef



Fully equipped fitness center to support your physical and mental well-being



# A Commitment

## ***OUR DEDICATION SPANS MORE THAN TWO DECADES***

At The Retreat, our mission is to improve the quality of life for individuals, families and communities affected by alcohol and drug dependency by providing affordable, effective educational services grounded in the Twelve Step principles of Alcoholics Anonymous.

We have helped women find recovery for more than 20 years. And now, with our state-of-the-art Center for Women's Recovery, we have the ability to help even more women ages 18 and up who are struggling with addiction.

Discover a safe, supportive and serene space—conveniently located 10 minutes west of Minneapolis in the heart of the Wayzata Big Woods—where women can learn about and practice the principles of recovery. There is hope. We can help.



“This place truly  
and completely  
transformed  
my life.”

ERIKA BRAMSCHER  
*Women's Senior Retreat Assistant and Retreat Alumna*

# THERE IS HOPE. WE CAN HELP.

Women's Residential Program

Men's Residential Program

Evening Program

55PLUS Program

Relapse Program

Renewal Program

Family Program

Sober Residences

Retreats & Workshops

Professional Development & Training



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the retreat

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**theretreat.org**