the retreat



Welcome to The Retreat

EXPERIENCE

The Retreat Experience



The Retreat offers a full continuum of care featuring a non-clinical, mutual-help approach to the problem of alcohol and drug dependency.

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.

AA helps more people over the long-term due to its ability to keep people actively involved in its recoveryfocused peer support social network allowing their brains and bodies to adjust to the absence of alcohol and help them adopt a new lifestyle.

Dr. John KellyHarvard Medical School & Massachusetts General Hospital

How is The Retreat different from treatment?

Unlike treatment, we focus on the essentials of recovery embodied in the 12 Steps and teach people how to live in recovery.

At a time when the recovery field is increasing its reliance on psychiatry and medicine, this back-to-basics, educational approach to helping people challenges the current paradigm and the way people get help for alcoholism and drug dependency.

We believe that recovery should be accessible, effective and affordable. Our private-pay residential program is 30 to 90 days (including family program for one family member), costs significantly less than more clinically-oriented treatment programs, while producing industry-best outcomes.

What are the 12 Steps and will they work for me?

The 12 Steps are a spiritual program that was developed in the 1930s and remains one of the most well-known and effective methods for overcoming addiction and designing a life worth living.

Today, you can find Alcoholics Anonymous meetings in over 180 countries, and there are an estimated 2 million members. Meetings are free to attend, which makes the 12 Steps a perfect portable resource for long-term recovery. You can access 12 Step peer support wherever you are in the world, providing the perfect antidote to the isolation of active addiction.

You will know a new freedom and a new happiness.

Alcoholics Anonymous



Holistically designed, state-ofthe-art meditation & yoga studios











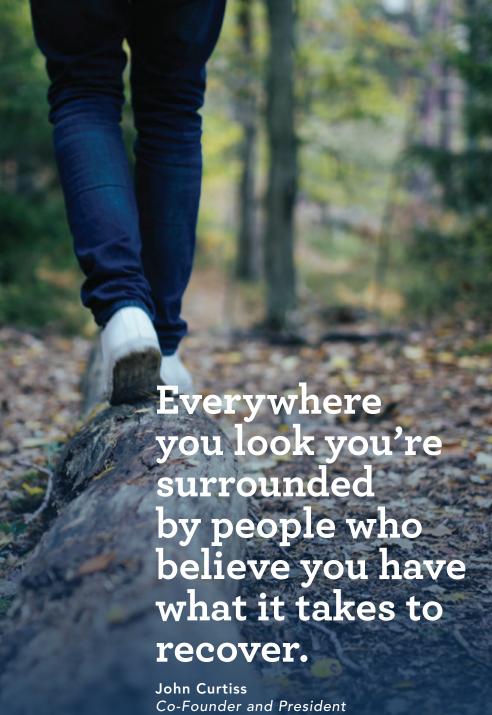


Conveniently located 10 minutes west of Minneapolis nestled in the Wayzata Big Woods Nature Preserve, a secluded 22-acre hardwood forest teeming with wildlife.

















STRENGTH

Our programs







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 and ultimately attain a productive, healthy and joyous way of living.

Eva Pickeral Women's Program Coordinator

Jake Klisivitch Men's Program Coordinator

We absolutely insist on enjoying life.

Alcoholics Anonymous

Our core residential programs

THE CENTER FOR MEN'S RECOVERY

Welcome to 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.

THE CENTER FOR WOMEN'S RECOVERY

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

Guests stay at the residential campus 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

STRENGTH

Non-residential programs

EVENING PROGRAM

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.

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

VIRTUAL PROGRAM

Individuals can access this addiction recovery program from anywhere in the world and receive the same affordable, effective educational services that are offered in our in-person program.

This 18-week program meets on-line and can be accessed anywhere from your mobile device, laptop or home computer

55PLUS PROGRAM

Recovery from addiction as we get older has unique challenges 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 this program is for you.

Our 16-week day program for people over 55 meets Monday and Wednesday mornings at our Wayzata campus

Other residential programs

FAMILY PROGRAM

We know how desperate family members are to help their loved one. The Retreat's Family Program gives families and friends tools to effectively support their loved one in the face of the confusion and chaos of addiction.

The Family Program meets twice a month, Thursday evening through Sunday afternoon at our Wayzata location or conveniently online

RELAPSE PROGRAM

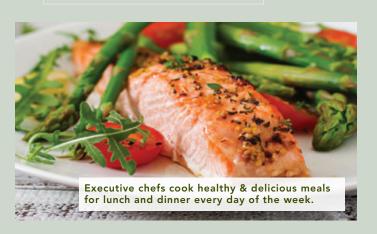
Designed for those who have been in recovery and have had a brief relapse. The program is typically only available to people who are currently living in a sober living environment and will be returning upon completion of the program.

10 – 14 day program

RENEWAL PROGRAM

A unique 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 – 10 day program (minimum of 4 days)



Additional recovery support resources

The community you discover and the connections you make don't end when you leave The Retreat. We offer a variety of ways to make life in recovery as fulfilling and adventurous as you wish.

CaredFor app

Center for Spiritual Development

Kids Camp

Recovering Hope

Alumni Association

Monthly Breakfast Club

Women in Recovery Group

Weekly Meditation Group

Retreat Adventures

55PLUS Retreat Adventures

Recovery Community softball, hockey, pickleball, basketball

AA & Al-Anon meetings on campus

MyRecovery.com

Spiritual Direction

Sober living

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.

Sober living gives you the opportunity to take the principles of recovery and put them into practice in your everyday life. It is a spiritual practice ground.





HOPE

A continuum of care

The Retreat has been helping individuals and families recover from alcoholism and chemical dependency for over 24 years. More than 29,000 individuals and their families from around the world have been helped by our continuum of care.

An integrated community approach

The Retreat's integrated community-based, mutual help, approach utilizes over 400 volunteers a month from the recovery community that deliver a curriculum that's alive with the spirit of recovery.

By leveraging the personal experiences of volunteers, The Retreat serves as a vehicle for recovering people to practice the Twelve Step principles by carrying the message of hope and recovery to others seeking a solution for their chemical dependency.

This place truly and completely transfomed my life.

Erika B. '14

Recovery starts here

The Retreat takes people who are motivated for change and surrounds them with people who are living recovery at the highest level making a life of recovery both attractive and within reach.

The Retreat is not for everyone and is not a substitute for psychotherapy, medical treatment or detoxification. We serve individuals who know they have the problem of alcoholism and/or drug dependency and are motivated for change.

The Retreat opens the door to a life of contented sobriety.





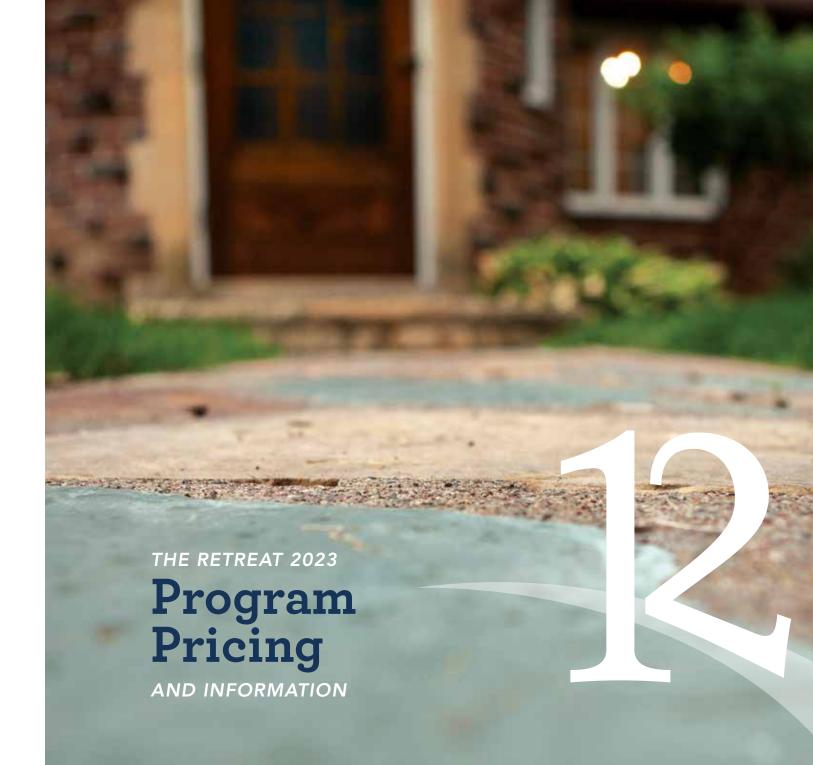
theretreat.org



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.

12 the retreat /

1221 WAYZATA BLVD E WAYZATA, MN 55391 **TOLL FREE** 866.928.3434 **PH** 952.476.0566 **FX** 952.404.7208



Program Pricing



RESIDENTIAL PROGRAMS

This is the foundation of The Retreat's program of recovery. It is your place to explore and study Twelve Step principles and practices—and apply this wisdom in daily life. The residential programs can range from 30 to 90 days stays based on individual needs and circumstances. Your program cost includes participation of a loved one in our four-day residential Family Program.

30-day stay

\$6,900

each incremental 30-day stay **\$6,100** 30-day stay **\$6,900**

0

+

Virtual or Evening Program \$2,800

30-day stay **\$6,900** 55 Plus Program **\$2,800**

55PLUS PROGRAM

A curriculum designed for adults aged 55+.

16 weeks **\$3,400**

\$2,800if stepping down from Residential Program

32 sessions 2 mornings/week

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 days **\$203 per day** minimum 4 days

RELAPSE PROGRAM

The Retreat offers a relapse program for those that have been in recovery and have had a 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 **\$203 per day**

EVENING PROGRAM

Teaching and supporting the practice of recovery essentials.

18 weeks **\$3,400**

\$2,800 if stepping down from Residential Program

Phase 1
6 weeks
2 days/week

Phase 2 **12 weeks**1 day/week

VIRTUAL RECOVERY PROGRAM

Teaching and supporting the practice of recovery essentials online.

18 weeks **\$3,400**

\$2,800 if stepping down from Residential Program

Phase 1
6 weeks
2 days/week

Phase 2

12 weeks
1 day/week

FAMILY PROGRAM

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

\$595 Residential **\$495**Online

Weekend program
Thursday evening – Sunday afternoon

RETREATS & 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 **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.

Cost ranges from \$600 to \$875 a month

SPIRITUAL DIRECTION

The art of Spiritual Direction invites a deeper integration of our spiritual consciousness into our everyday lives. We offer both individual or group sessions.

\$100 Individual **\$320** 8 group sessions