

Registration:

The QR code below will take you to the payment screen. Please use the drop down and answer "YES" to the "I am paying for the retreat" drop down. Please use the pricing menu on the back of this brochure. If you have any questions, please email us at thrive@thrivecenterforwellness.com



Registration Deadline is April 4th, 2025. Full refunds will be available prior to April 1st. Partial refunds after April 4th will incur a \$30 fee.

Scholarship information:

A limited number of scholarships will be awarded on a first come first served basis. Scholarship recipients must pay \$80 in advance to secure the scholarship no later than April 1st, 2025
For additional information on how you can obtain or support a scholarship, please call David Vail 217.415.5005 or email thrive@thrivecenterforwellness.com



Registration Information:

Retreat Pricing:

- Full Package Semi-Private room 200
- Full Package Cabin 160
- Full Package RV hookup 95
- Full Package Commuter Rate 60
- Full package Tent camping 65
- Wisdom of Trauma screening only 30

Lodging information:

Each cabin has a mini fridge and microwave. There are a total of 2 semi-private cabins divided in half, which provide 3/4 private rooms per side. Each room has a queen bed. There is a shared shower for each cabin (4) a shared full kitchen (4) and common area (4). These will be filled on a first come first served basis.

Cabins have a variety of sleep set-ups. Most are 3 to a room. Each cabin has a mini-fridge and microwave. These will be filled on a first come first served basis. If you want to bunk with someone or a group, please email thrive@thrivecenterforwellness.com stating who you are rooming with after registration.



"We may not be responsible for the world that created our mind, but we can take responsibility for the mind with which we create our world."-Gabor Mate

2025 heART of Recovery Retreat

April 11, 12, 13

**Opens Friday at 4pm
Closes by noon on Sunday**

**The Kampground
11380 Darnell Rd
Mechanicsburg, IL 62545
thekampground.com**

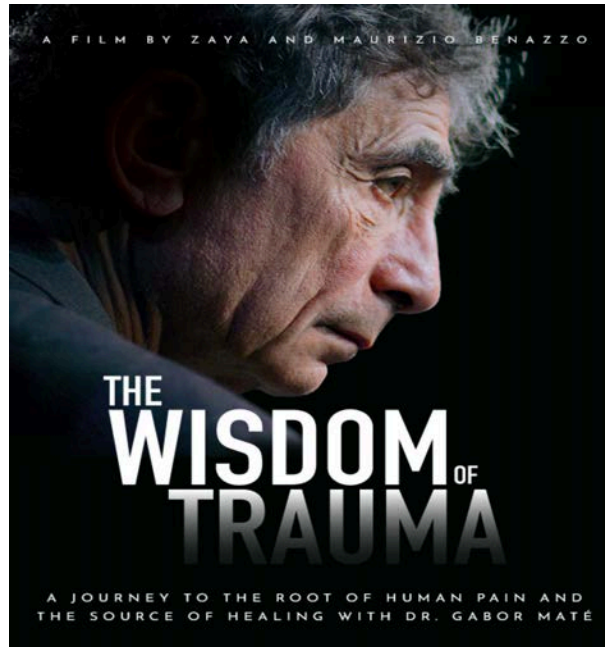
Details:

- **Mission Statement:**

To provide a meaningful experience where together people can explore deep healing and recovery in a safe environment.

- This retreat is hosted by a group of people with a common interest in 12 step recovery with a passion to explore deep and meaningful paths toward wholeness.
- The Kampground was the former Nazarine Acres and has undergone extensive remodeling. It sits on 25 beautiful acres with a fishing pond and walking trails.
- Attendees should wear comfortable clothing and shoes. Trails may be muddy depending on recent weather.
- Overnite attendees will need to bring toiletries.
- **What to expect:** A screening of *The Wisdom of Trauma*, followed by Q&A.
- Fireside Meetings Friday and Saturday nights.
- Facilitator lead sessions by author Wendy Adamson.
- Trauma informed body work by Ashley Krstulovich, of WholeSelf Healing Resilience Center.
- Small breakout groups after each session for processing and healing.
- Make and take meditation bracelet Sunday morning.
- We strongly encourage you to attend all or any sessions as you desire.
- **Food:** Light snacks Friday during registration. Breakfast burritos Saturday and Sunday. Box Lunch on Saturday.

- Catered dinner Saturday night. A hospitality area will provide coffee, tea and water. You are welcome to share any healthy snacks you would like. Only healthy snacks will be put out.
- **We are committed to leaving the smallest environmental imprint as possible and encourage you to help us facilitate that vision. Please see the what should I bring section.**



The weekend will provide an opportunity to:

Connect

Have meaningful conversations

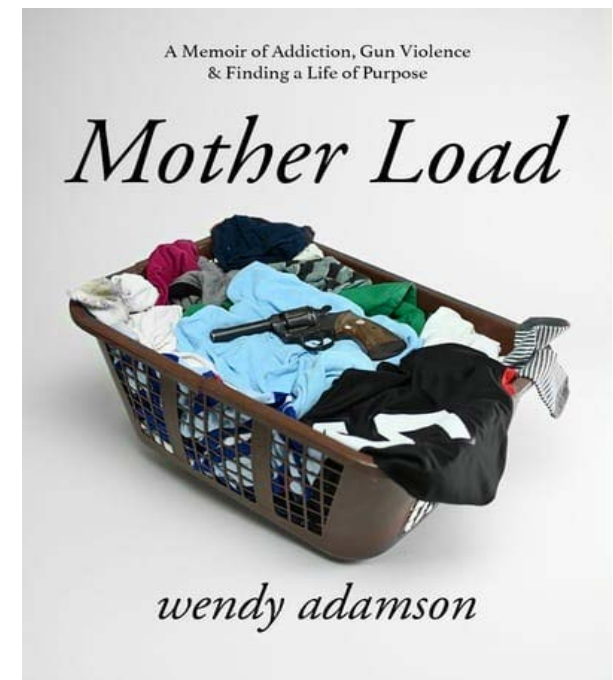
Explore and heal trauma

Deepen your recovery

Call to your authentic self

What should I bring?

- A coffee cup
- Lawn chair for fire pits
- Extra blanket and a pillow
- Yoga mat
- An open mind
- A reusable water bottle
- Healthy snacks to share (if you choose)
- Fishing gear (if you want to fish)



Wendy will have *Mother Load* available for purchase on site.