

From Shame to Healing: A Retreat for Mothers with Addicted Children

with Beverly Conyers and Sandra Swenson

September 13-15, 2019

Friday **Let the Healing Begin**
 5:30 PM Dinner at the Dan Anderson Renewal Center
 7:00-7:45 Orientation and Introductions
 7:45-9:00 **Making Room for Healing and Recovery**
 —How shame is a barrier to recovery and healing

Saturday **Shedding Our Shame**
 9:00-10:30 **Addiction is a Disease, Not a Disgrace**
 —Letting go of the myth of perfection
 10:30-10:45 Break
 10:45-Noon **Understanding the Toxicity of Shame**
 —How shame keeps us stuck
 1:30-3:00 **Defining Our Boundaries**
 —Moving from shame to strength
 3:00-3:15 Break
 3:15-4:30 **The Healing Power of Compassion**
 —Opening our hearth to let healing in

Sunday **Freedom from Shame**
 9:00-10:30 **Healing Begins with Me**
 —Replacing shame with forgiveness
 10:30-10:45 Break
 10:45-Noon **Hope and Healing**
 —Strategies for continued self-care

-all groups take place in presentation room 109 unless otherwise noted-

Daily Schedule

7:00-8:00	Rise N' Shine Yoga	Room 109
8:00-9:00	Breakfast	
8:30-9:00	Optional Lecture	Bigelow Auditorium
12:00-1:00	Lunch	
5:00	"As we go through the day..."	Room 208
5:30-6:30	Dinner	
7:00 – 7:30	Optional Lecture	Bigelow Auditorium
8:00 – 9:00	Saturday 3 Speaker Meeting	Room 108

**Schedule subject to change