



12

the retreat



***EXPERIENCE
STRENGTH
HOPE***

A photograph of a stone path leading into a wooded area. The path is made of rectangular stones and is bordered by green grass on the right. In the background, there is a small wooden structure, possibly a cabin or a shed, and trees with green foliage. The text "Welcome to The Retreat" is overlaid in the center of the image.

Welcome to The Retreat

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 recovery-focused 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 Kelly
Harvard Medical School & Massachusetts General Hospital



You will know a
new freedom and
a new happiness.

Alcoholics Anonymous

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.



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



Healing space for 32 women and 41 men in both private and double rooms



Large dining rooms featuring healthy and nutritious meals prepared by our Executive Chef



Beautifully appointed living and gathering spaces



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



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



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



Everywhere
you look you're
surrounded
by people who
believe you have
what it takes to
recover.

John Curtiss
Co-Founder and President

EXPERIENCE



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

STRENGTH

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

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)



Executive chefs cook healthy & delicious meals for lunch and dinner every day of the week.

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.



The Retreat softball team finding joy in recovery.



One of six sober residences on the historic Summit Avenue in St. Paul, MN


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 transformed 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.



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Worried about
someone’s alcohol
or drug use?

THERE IS HOPE. WE CAN HELP.
visit theretreat.org or call 952.476.0566





theretreat.org