

Dandelion Mama Camp

Breathe. Believe. Be. - A weekend retreat with Sandy Swenson

As mothers of children suffering with addiction, we do battle with a disease that oozes misunderstanding and shame. Alone and afraid, we try to do the right thing—even when we're not sure what that right thing is. We try to hold our families and ourselves together, even when it feels like we're falling apart. We feel every pain our child feels, no matter the distance (in miles or years). We try to carry on, even when our heart is breaking in two. But, as tired and tattered as we may be, like the deceptively delicate dandelion, we moms are made to persevere.

Together, we will explore the topic of family, self, and what we actually have control over in this place where love and addiction meet. Together, we will find the power to overpower the destruction that addiction spreads.

We may often feel fragile, but we are Dandelion Mama Strong. Breathe. Believe. Be.

\$425/person

includes lodging, food & materials.
Scholarship funds are available.

July 17-19, 2026

SCHEDULE

4:00pm - 5:30pm FRIDAY // CHECKIN
NOON SUNDAY // CHECKOUT

WHERE

The McIver Center at The Retreat
1351 Wayzata Boulevard East, Wayzata, MN

REGISTER

Complete the reverse side of this flyer. Space is limited.
For those who struggle with substance use, a minimum of 30 days of continuous sobriety is required to attend our spiritual retreats.

ATTENDEES WILL EXPERIENCE

- An opportunity to **retreat** from the pull of the daily distractions in our lives
- Connection** with others on this spiritual path, including group discussion
- Exploration of **spiritual practices**
- Nourishment**, with meals prepared by our award-winning chef



Sandy Swenson is the mother of two sons, one of whom struggles with addiction. For twenty years, she has been a voice of comfort and strength for other moms with children (of any age and stage) struggling with this disease, too—putting their thoughts and feelings into words and helping them to feel less alone. Her books include 'The Joey Song: A Mother's Story From the Place Where Love and Addiction Meet'; 'Tending Dandelions: Honest Meditations for Mothers with Addicted Children'; 'Readings for Moms of Addicts' app; and 'Just Dandy: Living with Heartache and Wishes'. Sandy is also the founder of the Facebook group Dandelion Mama Rocks. For moms of addicted children (and their loving supporters!), the mission of this group is to scatter some Dandelion Mama goodness by painting and hiding rocks with messages of love and support for other Dandelion Mamas (or anyone) to find.

FOR MORE INFORMATION CONTACT

Jen at jsamet@theretreat.org or

Sherry at sgaugler-stewart@theretreat.org

952.476.0566 | TheRetreat.org

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PLEASE SIGN ME UP!

*If e-mailing this form,
please do not include
credit card information.
We will send you a link to
process your payment.*

LAST NAME

FIRST NAME

ORGANIZATION

TITLE

ADDRESS

CITY / STATE / ZIP

DAY PHONE

MOBILE PHONE

EMAIL ADDRESS

\$425/person includes lodging, food & materials.
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*\$75 of this fee is a non-refundable/non-
transferrable deposit*

☐ My check made payable to The Retreat is enclosed.

☐ Please charge my VISA/MASTERCARD/DISCOVER/AMEX

\$

CREDIT CARD #

EXP/ DATE

NAME AND ADDRESS OF CARDHOLDER IF DIFFERENT FROM ABOVE

If mailing, please send payment, along with the completed Registration Form, to this address:

The Retreat

1221 Wayzata Boulevard East
Wayzata MN 55391
952.476.0566 or 1.877.446.9283
theretreat.org

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Weekend retreat with Sandy Swenson

Friday, July 17 - Sunday, July 19, 2026

Check-in 4:00 – 5:30pm on Friday | Check-out at Noon on Sunday

The McIver Center at The Retreat 1351 Wayzata Blvd. E. | Wayzata, MN

SPONSORED BY : The Retreat

