



Setting and Keeping Healthy Boundaries in Recovery

With Mary Hayes Grieco

7 p.m., Friday, October 4-noon, Sunday, October 6, 2019

Learning to build and maintain healthy personal boundaries is critical in recovery from addiction to alcohol and other drugs. Healthy boundaries provide a sense of safety and confidence. In this retreat, you will identify and declare what you will and will not accept in your life, find gracious ways to say “no” to unhealthy demands, strengthen your energy and personal space boundary, and gain deeper acceptance of yourself and what you need and want in your life.



About our presenter

Mary Hayes Grieco is a spiritual teacher who is based in the Twin Cities. She is the author of *Unconditional Forgiveness* and *The New Kitchen Mystic*, and she works as an intuitive counselor and coach at *The Well Healing Arts Center* in Minneapolis.

Call today to plan your stay.

800-262-4882

HazeldenBettyFord.org/Retreats

Be transformed. Again.

Wherever you are on your recovery journey—whether you have two months or 32 years of sobriety—the *Renewal Center* is your place for *Twelve Step* inspiration and instruction.

2019 all-inclusive weekend rates*

Your retreat experience includes presentations, group sessions, evening fellowship, healthy meals, yoga practice and access to the campus pool, fitness center, meditation center and other recreational amenities.

Programming, meals & double occupancy room \$647

Programming, meals & private room \$877

Programming and meals (no lodging) \$415

**Prices are subject to change.*

Scholarships may be available.

To learn more and register, visit **HazeldenBettyFord.org/Retreats** or call **800-262-4882**.

Never been to our campus?

The Dan Anderson *Renewal Center* is open to anyone interested in *Twelve Step* recovery.

Want to extend your *Renewal Center* experience?

Add time before or after this retreat to immerse yourself in our daily *Twelve Step* principles and practices program.



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Revitalize your recovery

with a retreat at the Dan Anderson *Renewal Center*.