

2019  
Men's  
Retreat



*A quiet weekend of recovery,  
meditation, growth, and fellowship.*

**Friday-Sunday  
March 8-10  
2019**

**Camp  
Indianola  
Retreat Center  
Indianola, WA**

**WHAT TO BRING?**

Bedding, Sleeping Bag  
Towels/Soap/Toiletries  
Flashlight  
Ear Plugs  
Musical Instruments  
SLAA Book  
Pens/Paper/Notebook  
Games



*The 2019 Men's Retreat is open to all men of  
SLAA and other S-recovery programs*



**10635 NE Shore Drive  
Indianola, WA 98342  
(360) 207-1519**

**From Bainbridge Island:** Drive north on Hwy. #305 across Agate pass bridge just past the bridge, turn right at the light. Go through the town of Suquamish, continuing three miles to second light. Turn right onto Indianola Road. Continue to the town of Indianola. See below.

**From Tacoma/Bremerton:** Drive north on Hwy. 3 to Poulsbo. Take Hwy. 305 exit. Turn right at light onto Hwy. 305. Drive 1/2 mile, turn left onto Bond Rd./Hwy 104 toward Kingston. Continue about 2.5 miles, turn right at light onto Gunderson. At the end of Gunderson turn left at the light onto Miller Bay Rd. Continue for 1/4 mile, then right at light onto Indianola Rd. and continue on to the town of Indianola.

**From the town of Indianola:** Turn left at the stop sign (post office on left and country store, deli on the right). Drive 1/2 mile where the road ends and the one lane camp driveway begins to the left. Continue 1 mile to camp. Please go slowly and use turnouts when meeting cars.

## Registration

Must be 18 years of age or older to attend.  
All packages include use of camp facilities and all workshops.  
No refunds, but registrations may be transferred.

### REGISTER ONLINE

***www.slaa-seattle.org***

### PRICES

	Before 2/1	After 2/1
<b>All weekend</b>	<b>\$135.00</b>	<b>\$150.00</b>
<b>Saturday Only</b>	<b>\$110.00</b>	<b>\$125.00</b>
<b>Giant Rope Swing</b>	<b>\$10.00</b>	<b>\$10.00</b>
<b>(Min. 8 registrants)</b>		

### SCHOLARSHIPS

If financial concerns prevent you from attending, you can request scholarship assistance. Scholarships are limited and are available on a first come first-served basis.

**To request a scholarship, send an email to:**

[Retreat4Slaa@gmail.com](mailto:Retreat4Slaa@gmail.com)

**Please indicate the total amount of scholarship requested.**

**There are only fifteen (15) scholarships available.**

## GUEST SPEAKER:

### **D.J. Burr**

D.J. Burr is a licensed psychotherapist, behavioral addiction specialist, author, podcast host, and speaker on the topics of behavioral addictions and male sexual abuse and assault. He owns ABLE Counseling Services, LLC in Seattle, WA. He is a qualified leader in his field and fearless when it comes to talking about difficult topics such as sexual abuse and addiction. He is also a survivor and a person in long-term recovery.

### **Come To....**

Deepen your recovery...  
Drum around a bonfire...  
Attend SLAA meetings...  
Play games...  
Walk on the beach...  
Enjoy great food...  
Hike in the woods...  
Enjoy fellowship...  
Build intimate friendships...  
Relax in a tranquil setting...



## Retreat Schedule

### **Friday March 8th**

Early Setup volunteers arrive at 1:00p.m.  
Registration at 4:00pm  
Get settled in rooms  
BBQ dinner reception  
Review agenda and logistics  
SLAA meeting  
Open Mic Night

### **Saturday, March 9th**

Morning Meditation  
Breakfast  
SLAA Meeting  
Workshops/Fellowship/Sharing  
Lunch  
Workshops/Fellowship/Sharing  
**Guest Speaker**  
Recreation and Activities  
Dinner  
Game Night  
Drum Circle

### **Sunday, March 10th**

Morning meditation  
SLAA Meeting  
Breakfast  
Panel discussion and safe re-entry  
Feedback session  
Pack, clean and leave by 1:00pm