

RETREAT

FIND HELP IN OVERCOMING ADDICTIONS
& UNHEALTHY ATTACHMENTS ON THIS **HEALING** RETREAT!

FRIDAY, SATURDAY & SUNDAY

October 17th-19th

Vallombrosa Center

250 Oak Grove Avenue | Menlo Park, CA 94025



The Vallombrosa Center is hosting a Catholic in Recovery retreat that will offer hope and healing for individuals in recovery. This retreat is for those who are seeking to find freedom from a variety of addictions, compulsions, and unhealthy attachments, and family members impacted by their loved one's addiction.

Participants will be encouraged to encounter and grow in the Lord through various talks, reflections, prayer, meetings, and opportunities for fellowship grounded in a Catholic sacramental approach to the Twelve Steps of addiction recovery. When in the grips of addiction, it can be difficult to seek God's help. But the power of God is more than a concept—it's a real, personal force of love and grace that can free us from the shackles of darkness and give us new life!



REGISTER ONLINE by visiting
www.catholicinrecovery.com/events

REGISTER by Friday, October 10th. The cost is \$430/single, \$390/double and includes admission and meals.

MEALS will be served cafeteria style. Food will be simple and nutritious which should serve for any food plan.

QUESTIONS? retreats@catholicinrecovery.com



Catholic
in Recovery

