



ACoA RETREAT March 9-11 2018

This weekend allows participants a safe place to explore their relationship with their inner child. It features guided meditations, 12 step meetings, readings, playtime and other experiences. You'll have a chance to spend time remembering your childhood and developing your skills as a loving parent. The retreat is held at St Joseph's Spirituality Centre, in Kincumber on the Central Coast. The grounds cover several acres of leafy gardens and natural habitat. Meals are nourishing and accommodate all dietary preferences. Participants have their own room and private bathroom.

FRIDAY

6:30 pm Dinner

8pm MEETING – **“Introduce your Inner Child”**

(bring a symbol of your inner child- e.g. photo/teddy bear etc.)

SATURDAY

6:30 am Silent Meditation (optional)

7:30 Breakfast

9 am MEETING – **“Connecting with the Inner Child”**

10:30am Morning Tea

11 am MEETING 2 Continued...

12:30 Lunch

1:30 pm - Free Time / Fun Time / My Time

2:30 pm **“Play Experience**

4pm MEETING 3 **“Re-parenting”**

6pm Dinner

7pm **“FUN / GAMES ACTIVITIES”**

SUNDAY

6:30 am Silent Meditation (optional)

7:30 Breakfast

9 am MEETING – **“Holding Space for the Child”**

10:30 Morning Tea

11 am MEETING 4 Continued...

12:00 - Feedback/Suggestions

12:30 - Lunch

1:30pm – 2:15pm - Quiet Meditation / Reflection walk

2:30pm - 3:45pm Closing Meeting **“Embracing the Child”**

Cost \$320

St Joseph's Spirituality & Education Centre, 8 Humphreys Rd Kincumber South NSW 2251

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