

Available Programs through Innercare

AVAILABLE PROGRAMS

There are a variety of Workshop-Retreat lengths, as well as 1-2-1 individual sessions.

All of these workshop-retreats are designed to deal with primary [chemical] and secondary/process addictions [co-dependency, gambling etc.] and related issues.

Please note: no experience, what so ever, of meditation or art is required, as these Retreats are geared towards learning these basic and foundational tools.

Retreat & Workshop guide:

21 day Retreats are full intensive 'stand alone' Retreats that are designed as an alternative to the standard Rehab process. As such, they are meant for those who have detoxified and need to begin their early recovery journey.

10-15 day Retreats are geared toward intensive work. These are suitable for those who have some recovery time, or as an addition to a residential treatment program [i.e. if hosted within a Rehab/Retreat Centre]. These Retreats can also be modified into focus on in-depth work on Co-dependency – relationship dysfunctions.

5 day Retreats are also designed to assist those who require a 'tune-up' or who want to deepen their spiritual and emotional lives. Sponsors or Professional carers ought to consider this length. Relationship dysfunction/co-dependency issues can also become a focus for this type of retreat.

3 day Workshops are basic 'taster workshop' aimed at persons who have over 3 months recovery time, or have been in recovery for some time and wish to further develop their spirituality [i.e. Their connection with self, God/higher Power & others]. They can also be offered as foundational 'Co-dependency' recovery workshops.

All 1-2-1 sessions can be negotiated on an individual basis.