



the sydney retreat

THE SYDNEY RETREAT

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THE SYDNEY
RETREAT OPENS THE
DOOR TO A NEW
LIFE OF SOBRIETY.

Recovery Starts Here

THERE IS HOPE.
WE CAN HELP.





PATH TO RECOVERY

The path to recovery is elusive. If it were as simple as stopping drinking and staying sober on the strength of some counselling or group sessions, the relapse rates wouldn't be so high. Achieving natural long-term drug and alcohol sobriety takes more than this.

We pay attention to the quality of care, ensuring that behaviour change isn't just another fancy phrase but a priority deeply rooted in day-to-day activities, teachings, code of conduct and belief systems.

OUR VISION

Our primary goal is to improve the quality of life for individuals & families affected by alcohol and drug dependency. We do this by providing an educational, inspirational and nurturing program grounded in Twelve Step principles, which are proven to be the most successful way for people to get well.

OUR HISTORY

Our program is developed and delivered by the experience, strength and hope of our staff and volunteers, who are all living their lives according to the principles of 12 step recovery.

The Sydney Retreat program is based entirely on the highly successful 12-step facilitated recovery program run by The Retreat in Minneapolis, USA which has been operational for 20 years,



HIGH RATES OF SOBRIETY

After attending The Retreat's program, **59% of people** are still sober after 12 months which far exceeds the average.

PEOPLE HAVE LIFE
CHANGING
EXPERIENCES AT THE
SYDNEY RETREAT.





6 THINGS YOU CAN DO TO HELP A LOVED ONE WHO STRUGGLES WITH ALCOHOL OR DRUG ADDICTION

WE MUST DISPEL A COMMON MYTH: "SOMEONE NEEDS TO HIT BOTTOM BEFORE THEY CAN BE HELPED."

THIS IS NOT TRUE. THERE ARE THINGS YOU CAN DO, NO MATTER WHAT STAGE OF ADDICTION YOUR FAMILY MEMBER MAY BE IN.

OUR FACILITY

The Sydney Retreat has 19 beds, including full disability-accessible rooms.

What are the admission criteria?

We serve adult (18 and above) men and women who know they have the problem of alcoholism and/or drug dependency, are motivated to recover and are physically and psychologically stable.

How long do people stay?

The length of stay is 28 Days.

How much does it cost?

The program fee is \$11,450 inc. GST, which covers all costs for 28 days.

Please reach out to us, and we will assist you in connecting with someone who has experienced similar emotions or suggest participating in one of our family meetings.



6 THINGS YOU CAN DO

1. Educate yourself about Alcoholism and Addiction.
2. Get support for yourself (there are 12-step support groups for family & friends).
3. Set limits and stick to them.
4. Work together as a family.
5. Talk about your concerns with your loved one.
6. Talk to us, and we can share our experiences.

