



**There is hope. We can help.**

**the sydney retreat**

A private residential drug and alcohol  
rehab in Sydney's Inner West.



the sydney retreat

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# Why choose the Sydney Retreat

**Clarity & understanding** – Learn the truth about alcoholism and drug addiction

**Wrap-around support** – an immersive, safe, structured, encouraging environment

**Real Life experience** – Staff and volunteers with “lived experience” in recovery who understand what you’re going through

**Lifelong connections** – Join a recovery community with ongoing support

**High standard of care** – Affordable, excellent quality, confidential rehab facility



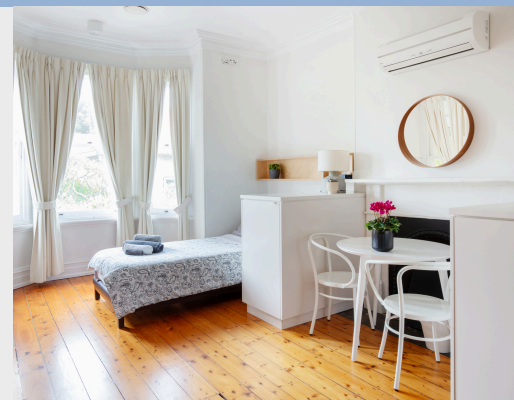
## About our program

We provide an **immersive, supportive 28 day intensive drug and alcohol program.**

Our program costs \$11,950 (including GST). Guests may be eligible to access their Superannuation to finance their stay.

Our primary goal is to help you get sober and drug free and find lasting recovery.

*The Sydney Retreat will continue to help and support you after you leave.*  
**It works, it really does.**





*The Retreat, Minnesota*

## Based on a proven model

The Sydney Retreat program is based entirely on the highly-successful program developed by The Retreat in Minneapolis, USA.

Using Twelve Step Facilitation, proven to be the most successful method to bring about lasting abstinence, The Retreat in Minneapolis has been operational for 27 years, and its success rate far exceeds that of any other public or private alcohol and drug rehabilitation program anywhere in the world.

After attending The Retreat, 59% of people are still sober after 12 months and proudly, The Sydney Retreat is achieving those same success rates.

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“ *For years I was stuck in a vicious cycle of alcohol abuse, I tried everything to change and failed. The Sydney Retreat gave me the key to freedom, a way out of my addiction and a new life.*

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STUART

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## What makes us unique

We connect guests with people who have experienced addiction themselves and have found long term recovery through the 12 Step program. With empathy and understanding, we show guests how to use these tools to rebuild their lives, while connecting them to a recovery community to support them long after they leave our program.

## Frequently asked questions

### Who can apply for admission?

We assist adults (18 and above) who know they have a problem with alcohol and/or drug dependency, are motivated to recover and are physically and psychologically stable.

### Can my family come to visit?

Yes, the family can visit for lunch on Sundays at 12pm and stay for the family support meeting at 1 pm. We support regular contact with family during your stay.

### How long do people stay?

We have a 28 day residential program.

### How big is our facility?

The Sydney Retreat has 20 beds, including full disability-accessible rooms.

### How much does the program cost?

The program fee is \$11,950 (inc gst), which covers all costs for 28 days.

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*“ For the first time I feel I really understand the impact of addiction and can see the path forward.*

*The Sydney Retreat showed me that a sober life is possible and how to do it.*

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SARAH

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# 12

*Our approach at **The Sydney Retreat** is to surround our guests with people who have strong recovery from alcoholism and drug addiction as a result of the 12 Steps, and a desire to help others achieve sobriety.*

*You will not be left out in the cold when you finish your stay. Instead, you will have become part of the continuous chain of care of the recovery community.*

**Scholarship programs available.**

## Your next steps



Contact us for any questions regarding our program and retreat facilities

**02 9171 2920**



Our website has more information, testimonials and details on our program

**[thesydneyretreat.org.au](http://thesydneyretreat.org.au)**

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