

# Lakeplace Family Retreat

As a family member of a Lakeplace client, you are invited to participate in the Lakeplace “Weekend Retreat for Families”.

Here you will see the beautiful Lakeplace campus and the many facilities for you and your significant family member. You and other family members can stay in a nearby motel and in the spring, summer or fall in one of the three cabins on site. Accommodations are provided at no cost for you. On Saturday afternoons in the summer, Jeff and Kristi perform selections from her “Songs of Recovery” CD recorded for Lakeplace. On Saturday evening, you are invited to the buffet dinner with all family members and Lakeplace clients followed by a speaker presentation. There is adequate time to allow for visiting on-site or in the community.

Education sessions may provide you insight about the disease of chemical dependency, its effects on the user and on family members. In addition, you will have the opportunity to share your own thoughts and feelings regarding your family member’s use of alcohol and or other drugs and its effects on you.

This special weekend for families requires that all family members must attend all scheduled activities. Your participation may help you understand how you have been effected by this disease. You will also learn about many resources available to you in your own recovery. Finally, the family weekend is an important way to show support for your loved one receiving chemical dependency care at Lakeplace.

Thank you,

*The Lakeplace Staff*



**LAKEPLACE RETREAT  
CENTER**

**Family Weekend  
Chemical Dependency  
Awareness & Support  
Retreat**



## **LAKEPLACE RETREAT CENTER Inc.**

25704 County Road 338  
Bovey, Minnesota 55709  
218 245-1395

## Fellowship Lodge Auditorium

Educational awareness presentations take place in the fellowship Lodge auditorium. The auditorium and kitchen of this “state of the art” men’s lodging facility is made available for “Lakeplace Family Retreat Weekends”. The spacious auditorium opens to a one hundred foot deck with a beautiful, picturesque view of the lake. Here you, other family members and Lakeplace clients can also enjoy socializing and fellowship.



## Accommodations

*(Lakeplace cabins or at a north woods local motel)*

Considering your distance to travel, your lodging can be made available during the summer months at one of three Lakeplace cabins or at the nearby Antler Motel. During the winter months, at the motel only.

Sunday breakfast can be provided for you. You are invited for the Saturday evening buffet dinner for all family members and Lakeplace clients.



## Family Weekend Features

- On-Site visiting with your family member
- Outings with client to local places of interest
- Saturday evening social & buffet
- Lakeplace Professional Associate Presentations
- Families with clients open discussion
- Family member/client meeting with counselor
- Interaction with other family members
- Recreational Opportunities & Activities (*sober fun*)
- Includes lodging, accommodations and all meals
- Personal time for reflection
- **All family retreat services provided at no cost**

## Schedule

<b>Saturday</b>	<b>1:30 - 3:30</b>	<b>Family/Concerned Person Group</b>
	<b>5:00 - 6:00</b>	<b>Buffet Dinner</b>
	<b>6:00 - 8:00</b>	<b>Presentation &amp; Combined Group</b>
	<b>8:00 -</b>	<b>Visiting</b>
<b>Sunday</b>		<b>Breakfast</b>
	<b>9:00 – 12:00</b>	
		<b>Open for visiting or church Afternoon Visiting</b>

### Notes:

***For families visiting from distant areas – You may request lodging on Friday evenings.***

***Winter restrictions – Lakeplace cabins are closed for the winter, therefore, on-site lodging is limited to a nearby motel on a first come, first served basis. For arrangements for your Saturday evening lodging: Please Call Dee at 218 245-1395***

***Limit two family members for each Family weekend retreat – (twelve years of age or older).***

***Sorry, no pets allowed.***

## How Are You Affected?

While participating in The Lakeplace Weekend Family Retreat, you may choose to ask yourself if you have been affected by your family member’s use of alcohol or other drugs and how you may have been impacted. In other words, have any one, or all of your below ***“Significant Living Areas”*** been influenced?

The Lakeplace Family Weekend Retreat is intended for you to receive education about chemical dependency, share your own thoughts and or feelings and show support for your family member. We would like you to be aware these sessions are not intended as family therapy that may be suggested as follow-up referral.

RELATIONSHIPS

EMOTIONAL

PHYSICAL

VOCATIONAL

SOCIALIZATION

SPIRITUALITY

## What Is Your Part In Recovering?

Your part in recovering can potentially be related to your own growing awareness as primary to your recovering as a family. We will encourage you to participate in Alanon and obtain an Alanon sponsor.

You will also be introduced to perhaps (for you) new ideas, such as *“codependency”* and *“triggers of relapse”*.

Your individual ability to accept events and especially your lack of control over others, could be another step for you to increase your ability to *“accept life on life’s terms”*. We hope you will find the enjoyment of a sober life for you and for persons who love you, including those also affected by this primary, progressive, chronic and terminal disease.

## Lakeplace Client Services

- Transportation
- Recreation & Activities
- Professional Associates
- Living Needs
- Alumni Return Visits
- Retreats (*example: this Retreat for Families*)