Restore Retreat - Formats & Pricing

RESTORE Resilience Retreat	Location	Schedule	Early Bird Price	Regular Price	Late Price	Retreat Cost Details
Restore™ Retreat	Sanctuary House, Pinecrest, FL	Wednesday: 6:30pm– 9pm Thu - Sat: 9am – 5pm Sun: 9am-1pm —— OR —— Sunday – 6:30pm – 9pm Mon. – Wed: 9am – 5pm Thurs: 9am-1pm	$1,749	$1,849	$1,949	**Registration Fee:** $150 **Therapeutic Elements:** All teachings, group and individual therapy sessions, supplies for therapeutic activities, and pre and post assessments with a Wellspring Therapist. **Experiential Elements:** Full experience, completed onsite in a shaded tropical backyard **Meals:** Light breakfast, snacks and lunch Monday through Thursday. **Housing:** Overnight accommodations are not included. We suggest Aloft Miami Dadeland for your stay during the Retreat. **Activities:** No local activities scheduled
Lakeside Restore ™ Retreat	Lakeside private homes, Sunset, SC	Sunday – 5:45pm – 9pm Mon – Thu: 9am – 8:30pm Friday: 9am – 1pm	$3,500	$3,600	$3,700	**Travel:** Travel costs are NOT included **Registration Fee:** $150 **Therapeutic Elements:** All teachings, group and individual therapy sessions, supplies for therapeutic activities, and pre and post assessments with a Wellspring Therapist. **Experiential Elements:** Full experience, completed onsite with the background of woods and lake **Meals:** Dinner on Sunday night, breakfast, lunch, dinner, and snacks from Monday through Thursday, and brunch on Friday before departure. **Housing:** Housing included, Sunday night through Friday morning. **Activities:** Scheduled activities and experiences in the area. **Travel:** Travel costs are NOT included, except optional pick up and drop off to and from Asheville Airport or nearby Hendersonville, SC within specific time frames.
Restore™ Retreat Online	Online, (South Carolina, North Carolina, Florida, and certain non US territories)	Sunday – 7pm – 9pm Mon. – Wed: 9am – 4:30pm (some early endings for activities) Thurs: 9am-12pm	$1,449	$1,549	$1,649	**Registration Fee:** $150 **Therapeutic Elements:** All teachings, group and individual therapy sessions, supplies for therapeutic activities, and pre and post assessments with a Wellspring Therapist. **Experiential Elements:** Modified and supplies sent to you to complete in the privacy of your home. **Meals:** No meals included **Housing:** Not included **Activities:** No activities scheduled **Travel:** NA Shipping of materials included in costs

RESTORE

Resilience Retreat

The teaching in this retreat uses the original “Circle of Truth” paradigm, created by Wellspring’s Cofounder and President, Tova Kreps, LCSW, and used successfully in Wellspring’s trauma recovery programs. Learning to “work the circle” will train you to be resilient, helping you to recover from the specific topics you bring to this retreat to address as well as preparing you to bounce back more easily from future challenges you may face. The “Circle of Truth” includes six steps to guide you through processing negative life events. The steps may seem simple, but they can take hours to months to work through. The great advantage of them, though, is that they help you know where you are in the process, so that when your emotions are messy or your recovery seems illusive, you can have confidence that you are making progress and have guidance and hope for next steps.