

A quiet weekend of recovery, growth & fun

The 2010 Men's Retreat, hosted by SLAA groups in the Seattle area, will be held at Camp Indianola on the weekend of January 22-24, 2010.

The retreat is open to men who attend SLAA or any other S-recovery program.

Camp Indianola is located an hour-and-a-half northwest of downtown Seattle, on the west side of beautiful Puget Sound.

CAMP INDIANOLA

10635 NE Shore Drive
Indianola, WA 98342

360.297.2223

www.campindianola.org

Sex and Love Addicts Anonymous (SLAA) is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their addiction to sex and love and help others recover from sexual addiction and dependency.

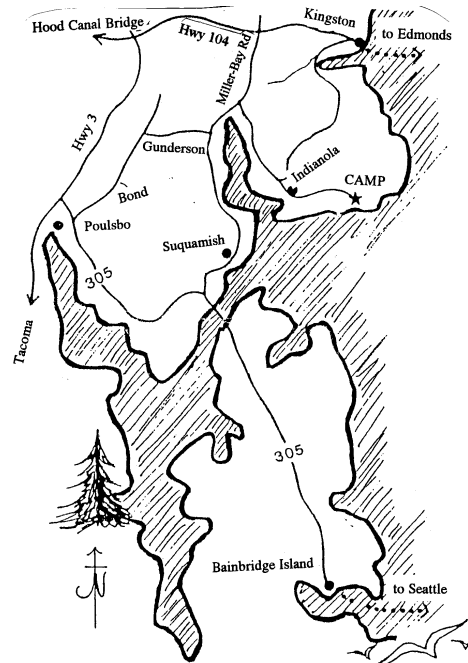


Driving Directions

From Bainbridge Island: Drive north on Hwy #305 across Agate pass bridge. Just past the bridge, turn right at the light. Go through the town of Suquamish, continuing three miles to second light. Turn right onto Indianola Road. Continue to the town of Indianola.

From Kingston: After leaving the Kingston ferry dock, proceed 2.5 miles on Hwy #104 to Miller Bay Road. Turn left at light. (Albertsons is on the right and Kountry Korner gas station is on the left). Go 2.7 miles to light at Indianola Road and turn left. Continue 3.2 miles to the stop sign in the town of Indianola.

From Tacoma/Bremerton: Drive north on Hwy. 3 to Poulsbo. Take Hwy. 305 exit. Turn right at light onto Hwy 305. Drive 1/2 mile, turn left onto Bond Road/Hwy 104 toward Kingston. Continue about 2.5 miles, turn right at light onto Gunderson. At the end of Gunderson turn left at the light onto Miller Bay Road. Continue for 1/4 mile, then turn right at light onto Indianola Road and continue on to the town of Indianola.



From the town of Indianola to Camp: Turn left at the stop sign (post office on left and country store and deli on the right). Drive 1/2 mile where the road ends and the one lane camp driveway begins to the left. Continue 1 mile to camp. Please go slowly and use turnouts when meeting cars.

Puget Sound Intergroup of SLAA
presents

2010 Men's Retreat



January 22 - 24, 2010
Friday through Sunday

@
Camp Indianola Retreat Center
Indianola, WA

www.slaa-seattle.org

Registration

Two Night Package \$95 before Jan 1
Includes meals and lodging \$115 after Jan 1

Saturday Only \$65 before Jan 1
Includes three meals \$80 after Jan 1

Please complete the registration form below and send a check or money order payable to:

Augustine Fellowship
P.O. Box 20805
Seattle, WA 98102

Name: _____

Address: _____

City, State ZIP: _____

E-mail: _____

S Fellowship: _____

Attending: Fri-Sat Sat

Do you need financial help? Yes No

If yes, amount needed: \$ _____

Special Dietary needs: _____

Total amount enclosed: \$ _____

Must be 18 year of age or older to participate. All packages include the use of camp facilities and attendance in all workshops. If financial concerns prevent you from attending, please request financial assistance on the registration form above. Special dietary needs (below) must be submitted by January 4, 2010.



Come to...

Deepen your recovery
Build male friendships and intimacy
Attend SLAA meetings every day
Meditate
Drum around a bonfire
Play indoor & outdoor games
Walk on the beach
Enjoy great food
Relax in a tranquil setting
Take a ride on the rope swing



What to bring...

Bedding or sleeping bag
Towels, soap, toiletries
Earplugs (if you room with a snorer)
Flashlight
Musical instruments
SLAA Basic Text
Pen and paper



For more info...

Visit www.slaa-seattle.org
E-mail info@slaa-seattle.org
Call Chris R at 425.922.3781

Preliminary Schedule

Final retreat schedule will be provided in an updated brochure this winter

Friday, January 22

Registration @ 4 PM
Get settled in rooms
BBQ dinner reception
Review agenda, logistics, introductions
SLAA meeting
Recovery movie

Saturday, January 23

Morning meditation
SLAA meetings
Breakfast
Workshops
Lunch
Recreation & activities
Dinner
Game night
Late night drumming on the beach

Sunday, January 24

Morning meditation
SLAA meeting
Breakfast
Panel discussion & safe reentry
Feedback
Pack, clean & leave by 1 PM

