Recovery Tools for Life
January 22-24, 2016, 9a.m. – 5p.m.  Cost: $750
Please join Ann Rainey for a journey towards self love and compassion. Whether you are struggling with chemical or behavioral/process addictions, codependency, or the spiral of shame and self-loathing, this workshop will place the focus on you. Bring a new perspective to these maladaptive behaviors that impact your growth. Learn the tools for self-care, and inner healing and let the journey begin!

The Power of Story
March 18- 20, 2016, 9a.m. – 5p.m.  Cost: $750
Please join Ann Rainey and experience the gifts available to you through the process of Reconstruction. This three day (small group) workshop safely allows you, with other group members to explore what is keeping you frozen in your life. This program will help you understand yourself and your struggles at a deeper level through expression of self and your generational story. Understand your family generational trauma and how it impacts you today.

Healing From Trauma and Grief
May 20- 22, 2016, 9a.m. – 5p.m. Cost: $750
Our group leader for this program, Joan Furman, has long been recognized for her amazing ability to support healing for individuals recovering from life’s traumas and losses. Whether it is tragic life events or the death(s) of significant individuals in your life, this workshop will support you in your grieving and healing process.

Recovery from Codependency
July 15- 17, 2016, 9a.m. – 5p.m. Cost: $750
Learn about yourself in relationship with the addict in your life, child, spouse, family member or friend. Whether a behavioral/process, or chemical addiction, Ann Rainey will assist you in gaining knowledge, insight, skills, emotional awareness and healing. You will learn invaluable tools.

Passages Healing Program
September 15-18, 2016, Redemptorist Renewal Center, Tucson, AZ
Thursday, September 15, 9:00a.m. Registration -Sunday September 18, 5:00p.m.
Cost: $975 (includes lunches and dinners)
$1475 (includes room and board)
Passages Healing Program is a program designed to promote new awareness and growth. Come participate in this life changing experience! It is an amazing opportunity for you to work on trauma, attachment, addictions and the healing of family of origin issues.

Healing and Nutrition
October 21-23, 2016, 9a.m. – 5p.m. Cost: $750
Please join June Pitts, therapist and registered dietitian, for a program designed to facilitate the process of healing your relationship with food and body issues. We will also focus on sound nutrition practices for everyday life. Give yourself the gift of reclaiming you!