

# Women in Recovery 2020 Retreats

*"To wait for someone else, or to expect someone else to make my life richer, or fuller, or more satisfying, puts me in a constant state of suspension; and I miss all those moments that pass. They never come back to be experienced again."*

**-Kathleen Tierney Crilly**



March 13-15 – Presenter - Sr. Helen Schmidt, OP

November 13-15 – Presenters Rose Foley, LMSW, CASAC,  
Diana Dow-Edwards, PhD., Jane Colgan, MA, AC

This retreat is for women in all levels of recovery. Our retreat has an emphasis on enhancing one's spirituality & sober way of life. It is intended to foster spiritual recovery as suggested by A.A.'s 12 Step recovery program.

COST: \$200 per person (double occupancy); \$275.00 (single occupancy)  
this also includes two night accommodations and five meals.

For further information contact the Center at

[gslc@atonementfriars.org](mailto:gslc@atonementfriars.org) or 845-424-2111

To register online visit [www.GraymoorCenter.org](http://www.GraymoorCenter.org)



The Graymoor Spiritual Life Center is a ministry of the  
Franciscan Friars of the Atonement at Graymoor, Garrison, NY

# Women in Recovery Retreat

Both fees include all content of our retreat, the two overnight stays and all meals starting with Saturday's breakfast and ending with lunch on Sunday. The Center has vending machines with snacks and beverages but you are welcomed to bring your own and store it in our guest lounge refrigerators. Towels, linens and one pillow per bed are provided and bathrobes are recommended for shower use. Please bring your own alarm clock, any extra pillows and toiletries you may need.

Pre-registration is required as retreats are limited in number of participants. If registering through the mail please verify beforehand that space is still available.

The deadline for registration is one week before the retreat.

**A \$100 deposit per person is due at the time of registration and is non-refundable or transferable should you cancel for ANY reason.**

We appreciate payment in full at the time of registration as it will make the registration process go faster on the day of your arrival, but we do not require it.

We recommend that you pre-register online by visiting

[www.GraymoorCenter.org](http://www.GraymoorCenter.org).

Our website will have the most up to date information on the retreat.

If you are unable to register on our website you can also call us at 845-424-2111.

For our Women in Recovery retreat, arrival will be between 6:00 PM – 7:00PM. Please do not arrive early as rooms and staff may not be adequately prepared at earlier times. The retreat ends after Sunday lunch at 12:15 PM. Balances, if any, are due at the time of arrival and can be fulfilled by either cash check or major credit cards. Schedules and room assignments are prepared the day of the retreat and will be supplied upon arrival.

Graymoor is located off US Route 9 in Garrison, NY, five miles north of Peekskill, NY, and 13 miles south of I-84. Use 40 Franciscan Way, Garrison, NY 10524 for GPS assisted driving directions.