

## REGISTRATION FORM

Please complete and return with payment to Rob B. or Morgan S. (see below). We accept cash, cheque or etransfer.

NAME AND LAST INITIAL:

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EMAIL: (optional)

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PHONE #:

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Phone preference: Call  text

How will you pay?

Cash  Chq  Etrans\*

\* Etransfer to  
**calgarysaferetreat@gmail.com**

Which Step(s) do you anticipate working on while at the retreat?

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Do you have any medical conditions or dietary restrictions?

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For additional information contact:

Morgan S. (403) 899-1822

Rob B. (403) 862-0872

ETrans - calgarysaferetreat@gmail.com

## REGISTRATION INCLUDES:

### Meals:

Friday ~ Dinner

Saturday ~ Bfast, lunch, dinner, snacks

Sunday ~ Bfast and lunch

\*Dietary restrictions and allergies are accommodated.

### Accommodations:

Each participant will have a private room including a single bed, bedding, writing desk and sink.

Separate Women's and Men's communal washrooms with private showers.

**The event begins Friday, 11 Mar at 6pm and ends Sunday, 13 Mar at 4pm**

### Pricing:

- **early bird prior to 22 January**

\$270 full package

\$190 commuter package (meals only)

- **after 22 January**

\$310 full package

\$230 commuter package (meals only)

**Need a Scholarship?** Funds may be available and/or you can pay what you can. Please inquire with Rob B. or Morgan S.

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# CALGARY SAA

## Co-ed

## STEP Retreat

### 11, 12, 13 Mar 2022

Mount St. Francis Retreat – Cochrane AB



For all who wish to recover from any form of sex addiction

**“The beginning is the most important part of the work”**

~ Plato

## **CALGARY SAA SAFE GROUP STEP RETREAT**

The Calgary SAA Step Retreat is for women and men recovering from sexual addiction. It is open to all who wish to recover from pornography, love, relationship, co-dependency and any other type of sexual addiction.

The retreat gives participants an uninterrupted stretch of time, with close guidance from qualified facilitators, to work the Steps in a quiet and supportive environment.

The Retreat is a tightly scheduled 3-day event that combines at least 8 one-hour writing sessions with SAA meetings, classroom discussions, meditation, prayer, and walks through the scenic landscape nearby.

**Note - Space is limited to 30 attendees due to COVID related facility restrictions.**

### **WHAT YOU GET OUT OF IT**

You will spend 3 days away from your addiction, detoxifying in a supportive atmosphere of recovery with hopeful sex addicts learning how to live in the solution and not the problem.

You will meet other addicts serious about recovery and expand your support group. Ideally, you will complete more than one

Step and your program will acquire significant traction.

### **4 STUDY TRACKS**

The Retreat focuses on Steps 1 – 9 arranged into separate but related tracks. When you complete a Step you quickly move to the next.

Newcomers to the program may choose the Getting Started Track which covers basics like the 3 Circles and writing a sobriety plan. If you have completed your steps you can still attend the retreat!

- Sobriety Planning – Getting Started
- Track 1 covers Steps 1-3
- Track 2 covers Steps 4-5
- Track 3 covers Steps 6-9

Attendees receive a detailed manual that includes information on each track they will work.

#### **SPONSORED BY:**

- THE CALGARY SAFE GROUP SAA  
(403) 214-1808
- YYC MORNING SERENITY SAA  
(587) 288-5416

### **RECOMMENDED CLASS MATERIAL**

- SAA Green Book, AA Big Book and AA 12 and 12
- Books assigned by your therapists, i.e., Carnes's workbooks.
- Spiritual or religious texts
- Laptop or notepad, pens
- Face masks / face coverings

### **GET A HEAD START**

Attendees who read or browse the reference book before the event will get more out of it. Please see the material at <http://www.saatriangle.org/>

### **IF YOU HAVE A SPONSOR**

Discuss the benefits of attending with your sponsor. It is a good idea to set written goals and bring them with you. Let our facilitators know about your goals when you arrive. Sponsors wishing to learn more about what we do and the materials we use are free to contact us.

### **COVID-19 PROTOCOLS**

Proof of vaccination status or official medical exemption will be required. All AHS protocols will be followed. Masks/face coverings will be required indoors at all times except when in own room. Appropriate social distancing (6ft or 2m min) required in common areas.