



**CROSSROADS**  
CENTRE ANTIGUA

## **CROSSROADS RENEWAL RETREATS 2024**

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### **CROSSROADS ANTIGUA INVITE YOU TO A RENEWAL EXPERIENCE FACILITATED BY THE CROSSROADS THERAPEUTIC TEAM AND ROKELLE LERNER**

Join us in the beautiful, serene and safe environment of Crossroads for a week that will recharge, revitalize and inspire you. This renewal is open to anyone in recovery.

Renewal provides a unique opportunity to connect more deeply to yourself, to others and to your spirituality. You will be able to look at the blocks that stand in the way of having the quality of life you desire and reaffirm your commitment to sobriety.

#### **THIS RENEWAL PROGRAM WILL INCLUDE:**

Informative Lectures on:

- Emotional and Physical Wellbeing
- Mindfulness
- Spirituality
- Boundaries and Healthy Relationships

- Individual Sessions
- Group Discussion
- 12 Step Groups
- Music, Art and Relaxation
- Exploring Beautiful Antigua

Holistic Treatments:

- Acupuncture
- Massage
- Meditation
- Yoga

### **DATES CONFIRMED**

**JAN 15TH - 20TH - JUNE 17TH - 22ND**

**NOVEMBER 11TH - 16TH**

**For further information and to RSVP please contact  
Sam Quinlan**

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**ADMISSIONS ENQUIRES: +1 (260) 252-0420**

**Crossroads Centre, St. John's, Antigua, West Indies  
[www.crossroadsantigua.org](http://www.crossroadsantigua.org)**