



## LIVIN Retreat

**Dates: September 21-22, 2024**

Location: Charlson Meadows  
1601 Hwy 7, Victoria MN 55386

The LIVIN Retreat was created as a way to provide Help, Hope, and Hugs to those who have lost a family member to suicide. As part of the LIVIN Foundation, our main focus is on peer-to-peer connections and helping people feel comfortable sharing their stories and what they are going through with others.

We invite you to join us and others who have faced a similar loss for a fun, memorable weekend at Charlson Meadows near Victoria, Minnesota. Charlson Meadows features 142 acres of meadows, woods, and lakeshore. Walk the trails, ride a golf cart or bicycle. Enjoy the lake at the beach, or by canoe, or kayak. Weekend activities are designed to help you encounter nature, and connect with others in a unique and restorative way.

### **LIVIN Retreat Mission Statement:**

The LIVIN Retreat connects bereaving adults (21+) who have lost a family member by suicide. We provide opportunities to strengthen relationships, develop a support network, and encourage emotional healing in a relaxing, safe environment

Please contact us at [camp@lavinfoundation.org](mailto:camp@lavinfoundation.org) for questions. (612)-805-0991

## **WHO IS INVITED?**

Adults (21+) who have lost a family member to suicide and would benefit from connecting with a group of others facing similar mental and emotional challenges after a loss.

## **IS THE RETREAT RIGHT FOR ME?**

- The LIVIN Retreat welcomes adults (21+) attending by themselves or with a partner (spouse, sibling, significant other, family member, etc). Each person will need to fill out a separate application.
- Minimum age is 21 years old unless otherwise pre-approved by the Camp Director(s).
- The LIVIN Retreat is most appropriate for people who are currently in therapy or have participated in therapy in the past.
- The LIVIN Retreat provides intentional activities that are therapeutic in nature. However, the weekend isn't designed to provide professional therapy. All participation in weekend activities is voluntary. You can choose to do as much or as little of the scheduled activities. However, if you choose not to participate in the group activities, the expectation is still that you are part of the community at meal times, etc.
- Camp LIVIN is appropriate for a loss that occurred at least 6 months prior to the retreat
- Camp LIVIN is most appropriate for people looking to improve their wellness, such as unplugging from their phones, reconnecting with nature, a focus on self-care, and engaging with others in a safe community (i.e. meals, living, conversations, outdoor activities)
- Transportation is NOT provided.

## **WHAT TO EXPECT:**

- Everyone will acknowledge the individual, the different ways people grieve, and be respectful to everyone at the retreat.
- Use of alcohol and drugs are prohibited
- Everyone will respect the private and confidential nature of the retreat.
- A safe environment where individuals engage in activities together and explore their grief as desired.
- Activities will include community meals & campfires, hiking, reflection & remembrance activities, and discussion groups.
- Housing & food will be provided. Feel free to bring your own snacks and/or non alcoholic beverages (fridges are available).

## **COST:**

- The cost per person is \$50. This covers meals, housing, and activities for the weekend.
- Payment is due by check or credit card (by phone) once your application has been accepted
- Fee is non-refundable, regardless of cancellations.
- Transportation assistance is available for those traveling from a different state. Please contact our team for more information [camp@livinfoundation.org](mailto:camp@livinfoundation.org) or (612)-805-0991.

The low cost of the LIVIN retreat is made possible by our generous partners and sponsors so it is affordable and accessible for all families.

**HOUSING:**

- Rooms are single occupancy, in most cases, with one queen bed and a private bathroom with a hairdryer and toiletries.
- All linens and towels are provided.
- Those attending with a partner will be housed in the same room, unless otherwise indicated on the application form, because space is very limited.
- ADA compliant - for more information, contact our retreat team (see above)

**APPLICATION PROCESS:**

Applications can be submitted on line at <https://forms.gle/Ldf6ZB2gQeZrPkA97>

Once we receive your application, you can expect a phone call from a member of our team to process your application. Most applications are processed within three weeks. We do not guarantee acceptance through this process. Additional information may be required. If this time frame has passed and you have not heard from us, please contact our office at [camp@livinfooundation.org](mailto:camp@livinfooundation.org) or (612)-805-0991