



# Welcome

## Recovery Matters Most Participants

We are so pleased you have made the decision to attend our Recovery Matters Most (RMM) intensive workshop. Our hope is that this will be a special and healing time for you. Below, please find a tentative schedule as well as things to bring and how to be comfortable throughout the workshop. You will need to fill out two forms, the RMM Workshop Agreement and RMM Workshop Intake, before you can attend the workshop. Both these forms can be found on our website under the MORE section. The completed forms can be faxed back to us at **312.696.0405** or emailed to Nicole Wahlert at [nicole@millenniumhope.com](mailto:nicole@millenniumhope.com).

### **Tentative Schedule:**

The workshop will begin at 9:30am on Friday. Subsequent days, the workshop will start and end at facilitators' recommendations to accommodate the work as it moves forward. It is possible that a day may go longer but most will end around 5:00. There will be breaks throughout the day.

Lunch will be provided by Millennium every day as well as snacks. If you have any specific dietary needs, please let us know.

### **Items to bring:**

- A significant picture of yourself as a child or older that speaks to you and the work you need to do.
- Comfortable socks or slippers.

Being physically comfortable is important during the workshop, so please wear comfortable casual clothes – jeans or sweats are ideal. Since temperature varies for people, you may want to dress in layers. Lastly, try not to schedule other activities during the workshop. Keeping distractions to a minimum will benefit your process and give you the greatest return on the work you will be doing.

If you have any questions, please don't hesitate to call me at the number below.

With anticipation for a wonderful RMM,

Ann Foster, MTS, LCPC, CADC, CSAT  
*President/Executive Director*