

# The Problem Is Me

- **Dates:** Friday, March 13, 2020, 6:00PM through Sunday, March 15, 2020, 2:00PM
  - Participants are requested to stay through the Closing on Sunday
  - Retreat will NOT be cancelled under any circumstances
- **Location:** Star Lake Conference Center Lodge
  - 268 Macopin Road, Bloomingdale, New Jersey 07403
  - \*Directions on Reverse Side
- **Topics:**
  - **Friday Night:** "How problematic am I"
  - **Saturday Morning:** "How did this happen"
  - **Saturday Afternoon:** "How is my being a problem holding me back"
  - **Sunday Morning:** "How do I solve the problem, when the problem is me"
- **Total Weekend Cost:** \$240 per person (shared room) \$320 per person for a single occupancy room (limited availability)
  - Full payment is due February 28, 2020
  - There are no "at the door" payments allowed, no registration transfers, and **no refunds**.

## Payment Plans Available (See Attached Sheet)

- **Activities:** Arts & Crafts, Exercise/Meditation, Games, Nature Hikes, Karaoke, Massage and More!
- **Meals:** Cost includes **five (5) meals** ~ Saturday breakfast, Saturday lunch, Saturday dinner, Sunday breakfast, and Sunday lunch (Friday dinner---please brown bag it!)
- **Presenters:**
  - **4 Licensed Therapists** presenting on understanding, coping with, and overcoming the problem.

## Contacts:

<b>Darin G. (Chairperson): 862-221-0344</b>	<b>Jessica C. (Co-Chair): 973-830-0799</b>
<b>Nora A. (Scholarships &amp; Payment Plans): 973-454-2627, recoveryweekendnj@gmail.com</b>	

Limited scholarships of up to \$100.00 are available to people in financial need. Those registrants who are asking for a scholarship should send a letter explaining their needs and what they will get out of the retreat; however, no money should be included with the letter. If the scholarship request is accepted, the registrant must send a \$140.00 check or money order upon notification of acceptance. All scholarships must be requested by Feb. 25, 2020. For details on scholarships, please call or e-mail Nora A. 973-454-2627, recoveryweekendnj@gmail.com

## Mail PRINTED registration form and check/money order payable to:

### Recovery Weekend

Attn: Registrar, c/o ACTPS 1314 Broad St. Clifton, NJ 07013

You can also register **online** at [www.recoveryweekendnj.org](http://www.recoveryweekendnj.org). All payments must be mailed to the address above.

Sponsored by Tuesday Bloomfield ACA NJ0166 Recovery Weekend Committee

ACA meets Tuesday at 7:30pm, 375 Watchung Ave., Bloomfield, NJ 07003

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ M F Other

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Would you like to be on the: Phone List: Yes No E-mail List: Yes No  
Mailing List: Yes No (circle all that apply)

E-MAIL ADDRESS: \_\_\_\_\_

ROOMMATE'S NAME: \_\_\_\_\_

DO YOU SNORE? Yes No DO YOU USE A SLEEP MACHINE? Yes No

IS THIS YOUR FIRST ACOA RETREAT WITH US? Yes No AMOUNT ENCLOSED: \_\_\_\_\_

# The Problem Is Me

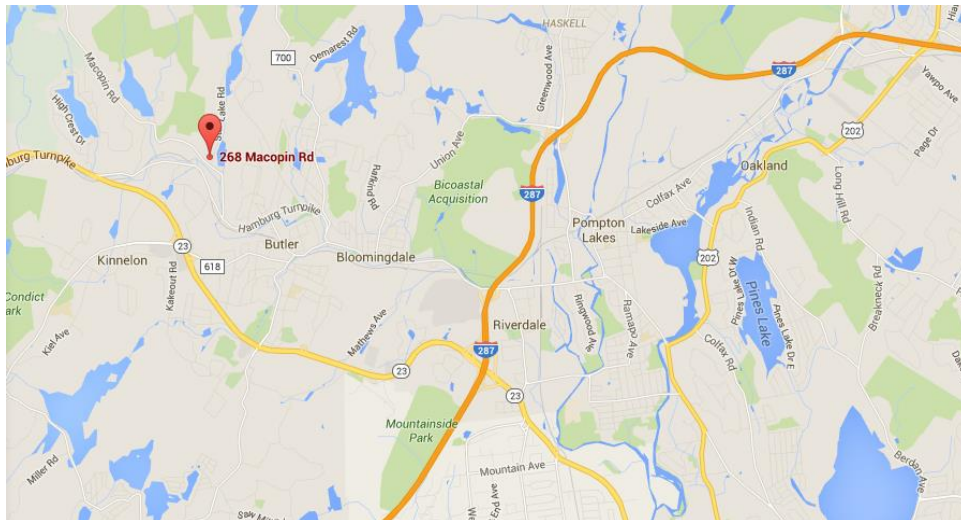
- Location: **Star Lake Conference Center Lodge**  
268 Macopin Road, Bloomingdale, New Jersey 07403

**From the North (or South):** Take I-287 South (or I-287 North if coming from South) to Exit 53 Bloomingdale / Pompton Lakes. Turn left at the light onto Hamburg Turnpike. Hamburg Turnpike becomes Main Street as you go through the town of Bloomingdale and then Hamburg Turnpike again at the Rite Aid Pharmacy. Bear right when you see the Rite Aid Pharmacy on your right (approx. 1.4 miles from the start of Hamburg Turnpike). Continue about 1 mile passing Stumble Inn on your left. Turn right at Macopin Road (Blueberry Hill Farms is at this corner on your right). Go about 0.3 miles and as you see the sign for Nutraceuticals International Group and the Vitamin Store on your left, make a right into the Star Lake Lodge gate. Make a quick left at the Star Lake Lodge Directory. Follow the road as it bends to the right. Make a left and go up the hill behind the building. The distance from the gate to the building entrance is about 0.2 miles.

**From the East/NYC:** Cross the G.W. Bridge and onto I-80 West. Take Exit 53 to merge onto RT-23 North toward Butler. Go 7.3 miles to 287 North and then follow the directions above.

**Public Transit:** From NYC Port Authority: Take Bus #194T to Newfoundland, NJ. **Bus stop is Kiel Avenue at Route 23 North. (Meadtown Shopping Center. This should be the stop 12 on the bus line. We will pick you up across the street at Marshalls.** Call Jessica C. at 973-830-0799 for pickup. We will also have someone drop you off at the bus stop at the end of the retreat.

***For more information, to register online, and for helpful hints on making your stay more comfortable, visit our website [www.recoveryweekendnj.org](http://www.recoveryweekendnj.org)***



---

## OPEN MIC NIGHT

On Saturday night there will be an Open Mic Night with performances of 5 – 10 minutes each. Would you be interested in performing? If yes, please describe your idea for your performance below (e.g. poetry reading, short skit, a song). Keep content appropriate to a recovery environment.

---

---

HOW DID YOU HEAR ABOUT RETREAT? \_\_\_\_\_

---

# Payment Plan

For your convenience, you may also pay for the Recovery Weekend through a payment plan. Those in need of a payment plan may pay in 2-4 installments. While the minimum number of payments to be made is at the discretion of the registrant, the maximum number of payments will be determined by the months remaining until the upcoming retreat. For example, if four months remain until the next retreat, you may make up to four payments. We suggest that each payment be made by the end of each month.

## **Suggested Installments:**

### **4 Payments: (Nov - Feb)**

*Payment #1: \$100*

*Payment #2: \$50*

*Payment #3: \$50*

*Payment #4: \$40*

### **3 Payments: (Dec - Feb)**

*Payment #1: \$100*

*Payment #2: \$100*

*Payment #3: \$40*

### **2 Payments: (Jan - Feb)**

*Payment #1: \$140*

*Payment #2: \$100*

**Mail PRINTED payment plan forms and check/money order payable to:**

### **Recovery Weekend**

Attn: Registrar, c/o ACTPS 1314 Broad St. Clifton, NJ 07013

*You can also register **online** at [www.recoveryweekendnj.org](http://www.recoveryweekendnj.org). All payments must be mailed to the address above.*

If you have questions about Scholarships, Payment Plans, etc. please contact:

Nora A. 973-454-2627 or email [recoveryweekendnj@gmail.com](mailto:recoveryweekendnj@gmail.com)

**All Retreat registrations and payments must be received by February 28, 2020**

**No refunds for partial payments.**

### **Sponsored by**

Tuesday Bloomfield ACA NJ0166 Recovery Weekend Committee  
ACA meets Tuesday at 7:30pm, 375 Watchung Ave., Bloomfield, NJ 07003

---

## **PAYMENT #1**

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ M F Other

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Would you like to be on the Phone List? Yes No Email List? Yes No  
Mailing List? Yes No (circle all that apply)

E-MAIL ADDRESS: \_\_\_\_\_

ROOMMATE'S NAME: \_\_\_\_\_

DO YOU SNORE? Yes No DO YOU USE A SLEEP MACHINE? Yes No

IS THIS YOUR FIRST ACOA RETREAT? Yes No \$ AMOUNT ENCLOSED: \_\_\_\_\_

**PAYMENT #2**

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ M F Other

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

\$ AMOUNT ENCLOSED: \_\_\_\_\_

-----  
**PAYMENT #3**

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ M F Other

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

\$ AMOUNT ENCLOSED: \_\_\_\_\_

-----  
**PAYMENT #4**

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_ M F Other

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

\$ AMOUNT ENCLOSED: \_\_\_\_\_  
-----