

## CONTACT

*An International  
Centre For Healing*



USA and Canada: 1-888-452-0091  
 United Kingdom: 0-800-783-9631  
 Direct to Antigua: 1-268-562-0035

## Alumni Events

Crossroads Centre, Alumni Reunion and Anniversary Celebration – November 16-18, 2012

Theme: “An Attitude Of Gratitude: Celebrating 14 Years.”

### Workshop Facilitators

“Gratitude: Discovering New Dimensions”  
 By: Dr. Michael Picucci, PhD, MAC, SEP



Dr. Michael Picucci will present the Focalizing process (*Going Within to Move Beyond*) in two tandem workshops, the second building on the first. Both will expand participant’s energetic & spiritual relationship to the word **gratitude**—a Source Energy that can gracefully guide our paths forward. The first workshop will focus on Stage One Recovery, the second on Stage Two (I’m sober, now what?). Together

they offer a fresh, multidimensional view of our process: **Recovery of Emotional, Spiritual & Sexual Wholeness.**

Part 1: Saturday November 17<sup>th</sup>

Part 2: Sunday November 18<sup>th</sup> (Part 1 workshop is a suggested prerequisite for Part 2)

[www.focalizing.com](http://www.focalizing.com)

“The Journey From Resentment To Gratitude: An Experiential Workshop”

By: Valerie Simon, LCSW, CP

*“Gratitude unlocks the fullness of life. It*

**Download  
Registration**



### *Schedule of Events:*

**Friday November 16, 2012:**  
**5:00 pm**

Registration & Meet and Greet  
 (Crossroads Centre)

**6:00 pm – 7:00 pm:**

Buffet Dinner

**7:30 pm – 9:00 pm:**

Official Welcome

**9:00 pm – 10:00 pm:**

AA/ NA meetings

**Saturday November 17, 2012:**

**9:00 am-12:30 pm:**

Recovery Workshops  
 (Crossroads Centre)

**12:45 pm- 2:00 pm:**

Luncheon

**2: 00 pm- 2:45 pm:**

Alumni meeting

**7:00 pm:**

Banquet Dinner & Keynote

Guest speaker John McAndrew  
 (Sandals Grande Antigua Resort  
 & Spa, Dickenson Bay)

**Sunday November 18, 2012:**

Refresh your recovery with a one week renewal program at Crossroads Centre.

[Check Here for details](#)



*turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow". ~Melodie Beattie~*

Many people in recovery suffer from resentments and unresolved grief about past emotional wounds. We carry these traumas around in our bodies and often recreate the same dynamics in our current relationships without realizing it. When substances are removed, we often encounter new and startling emotions for the first time.

Using experiential therapy such as role-playing and psychodrama, we will explore the places inside of ourselves that are blocked by resentments and old hurts. We will then work toward acceptance of our personal stories through experiential exercises.

A spiritual component will help us recognize that our most difficult challenges can guide us to a place of gratitude. Our emotional hurdles have actually been the gifts that have helped us grow the most in our recoveries.

Workshop offered on Saturday November 17<sup>th</sup> and repeated on Sunday November 18<sup>th</sup>.

[www.valeriesimon.net](http://www.valeriesimon.net)

### "The Hero's Journey: The Modern Mystics Path To Recovery"

By: Greg Liotta, MSW and Primary Counselor at Crossroads Centre, Antigua.



For thousands of years, mystics, saints, and seekers of all traditions have followed a common path to union with the divine. The great mythologist Joseph Campbell called it "The Hero's Journey", and it is precisely this path every recovering person takes when they embark on the 12 steps. This workshop is a fun, entertaining exploration of this path as we mosey down "the yellow brick road" of your life to the realization of your ALLness. We'll look at the role that

change, personal crisis, gratitude, and faith play in realizing all the promises of recovery.

Workshop offered on Saturday November 17.

## Information

### Hotels/Lodging

When considering your choice of accommodation, please be aware that most hotels are all-inclusive and therefore offer unlimited alcoholic beverages. This can be a significant trigger, particularly for those in early recovery. Many alumni have found that renting private villas or smaller non-all inclusive hotels are more conducive to providing a safe recovery environment.

**9:00 am**  
AA meeting at Dows Hill, English Harbour (optional)  
**9:00 am – 11:00 am:**  
Recovery workshops (Crossroads Centre)  
**11: 00 am – 12: 30 pm:**  
Brunch  
**12:30 pm – 1:00 pm:**  
Gift of life and memorial gathering  
**4:30 pm:**  
Sober Sunset Cruise (Optional/ additional cost)

**Don't Miss our Dynamic Keynote Guest Speaker, John McAndrew on Saturday evening.**



His performance, story telling, and videos, make for an incredible evening. He will take us on a Spiritual and Musical Journey, talking and singing about his experiences in this life. From the Darkness to the Light...It is about Healing, Recovery, Transformation, and finding Love. Then he'll sprinkle in some humor, a little jazz, and a little blues. John's honest emotions will leave the audience exhilarated. His life and his music connect all of us. He will have you laughing, crying, stomping your feet and clapping your hands.

Small Bed and Breakfasts may also be considered.

For more information contact: Antigua and Barbuda hotels and Tourist Association at [www.antiguahotels.org](http://www.antiguahotels.org) or <http://www.interknowledge.com/antigua-barbuda/> or by Telephone: (268) 462-0374.

#### **NON-ALL INCLUSIVE ACCOMMODATION OPTIONS:**

**Anchorage Inn: Location in Dickenson Bay, 40 minutes from Crossroads and 3 minutes from Sandals Grande Antigua Resort & Spa.**

Tel: 268-462-4065 Email: [info@antiguaanchorageinn.com](mailto:info@antiguaanchorageinn.com) Website: [www.anchorageinn.com](http://www.anchorageinn.com)

**Catamaran Hotel Antigua: Location in Falmouth Harbour, 20 minutes from Crossroads.**

Tel: 268-562-6304 Email: [catclub@candw.ag](mailto:catclub@candw.ag) Website: [www.catamaran-antigua.com](http://www.catamaran-antigua.com)

**Mount Tabor Retreat Centre: Located in John Hughes, 40 minutes from Crossroads.**

Bed and breakfast. US \$45.00 per person/ night.

Contact: Sr. Mary Jo at Tel: 268- 782-3942 Email: [mj.mckee@hotmai.co.uk](mailto:mj.mckee@hotmai.co.uk) Reference code "Crossroads Reunion 2012".

**Trade Winds Hotel: Location in Dickenson Bay, 40 minutes from Crossroads and 3 minutes from Sandals Grande Antigua Resort & Spa.**

Tel: 268-462-1223 Email: [info@twhantigua.com](mailto:info@twhantigua.com) and Website: [www.twhantigua.com](http://www.twhantigua.com)

**Willowby Heights Apartments: Located in St. Phillips, 2 minutes from Crossroads.**

Seven- one bedroom units furnished private bath, kitchenette and living rooms. US \$70.00 double occupancy per night. Contact Mr. Keithroy Brodie at: Office: 268- 560-9738 or Mobile: 268- 728-4080

Website: [www.willowbyheights.com](http://www.willowbyheights.com) Reference code: CrossroadsReunion 2012".

**Private Villas and Cottages:** Email: [info@caribrepvillas.com](mailto:info@caribrepvillas.com) or Website: [www.caribrepvillas.com](http://www.caribrepvillas.com)

#### **ALL INCLUSIVE ACCOMODATION OPTIONS:**

**Carlisle Bay Resort: Location in Old Road, 40 minutes from Crossroads.**

Tel: 268-484-0000 Email: [info@carlisle-bay.com](mailto:info@carlisle-bay.com) Website: [www.carlisle-bay.com](http://www.carlisle-bay.com)

**Curtain Bluff Hotel: Located in Old Road, 45 minutes from Crossroads.**

Website: [www.curtainbluff.com](http://www.curtainbluff.com) Tel: (268) 462-8400.

**The Inn at English Harbour: Located in English Harbour, 30 minutes from Crossroads.**

All rates are quoted in US dollars, based on double occupancy per room, Inclusive of full English Breakfast.

Room types (Beach Cabana, Junior and Deluxe suites \$490.00-\$1,120.00). Will offer 30% discount on rates.

Contact: Ms. Sherma Henry, reservations office Tel: 268-460-1014 Fax 268-460-1603.

Website: [www.theinn.ag](http://www.theinn.ag) or Email: [theinn@candw.ag](mailto:theinn@candw.ag) Reference code: "Crossroads Reunion 2012".

**Pineapple Allegro Resorts: Located on Long Bay, 20 minutes from Crossroads.**

All inclusive single- double occupancy Single: \$225.50- \$253.00 and Double: \$341.00- \$385.00 per night.

Contact: reservation office Tel: 268-463-2006/7 Fax: 268-463-2452

E-mail: [resv.pineapplebeachresort@candw.ag](mailto:resv.pineapplebeachresort@candw.ag) Website: [www.grandpineapplebeachresort.com](http://www.grandpineapplebeachresort.com)

**Sandals Grande Antigua Resort & Spa: located in Dickenson Bay, 40 minutes from Crossroads.**

All inclusive couples resort. Tel: 268-484-0100 Website: [www.sandals.com](http://www.sandals.com)

**St. James Club: Located in Mamora Bay, 20 minutes from Crossroads.**

All inclusive plans in US dollars \$220.00-\$375.00.

Contact: reservations office Tel (954) 481-8787 or Email: [jshand@eliteislandresorts.com](mailto:jshand@eliteislandresorts.com)

Website: [www.stjamesclubantigua.com](http://www.stjamesclubantigua.com)

**The Verandah Resort & Spa, Antigua: Located on Long Bay, 20 minutes from Crossroads.**

All inclusive plan in US dollars: rooms available for single, double and triple occupancy (Hillside,

Waterview and Waterfront suites \$269.50- \$304.50). ROOM ONLY plans are also available.  
Contact: reservations office Tel: 268- 562-1158 or USoffice Tel: 800-345-0356 or 954-481-8787.

Website: [www.verandahresortandspa.com](http://www.verandahresortandspa.com)

### Transportation options:

Driving in Antigua is on the left hand side of the road. There are numerous car rentals in Antigua including:

**Alamo Rent-A-Car** 268-562-2551, Jolly Harbour

**Avis:** [www.avisantigua.com](http://www.avisantigua.com) 268-462-2840, Powell's Estate

**Big O Rent-A-Car** 268-723-3957, Falmouth

**Big's Car Rental** 268-562-4901, English Harbour

**Capital Car Rental** 268-463-1010, VC Bird International Airport

**Dollar Rent A Car** 268-462-0362, VC Bird International Airport, Factory Road

**Hertz** [www.hertz.com](http://www.hertz.com) 268 462-4114, VC Bird International Airport

**Tropical Rentals** [www.tropicalrentalsantigua.com](http://www.tropicalrentalsantigua.com) 268-562-5180

*Map includes location to Crossroads Centre and accommodation options listed, copy & paste in browser:*

<https://www.zeemaps.com/map?group=369551&x=-61.817521&y=17.074656&z=4&add=1#>

***Please note Crossroads Centre does not recommend or endorse any lodgings or activities listed. Guests are advised to research their accommodation options and confirm all details with the hotel prior to booking.***

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