



# Restore Workshop Information

Has sexual betrayal devastated your life? Whether it's betrayal due to pornography, affairs, lusting, or same sex attraction — sexual betrayal is traumatizing.

The *Restore Workshop* helps women whose hearts have been shattered by sexual betrayal find hope. Many women who come to the workshop feel very alone and are filled with shame, anger and worthlessness. Some have never even shared their story. But once they arrive, they discover women of all kinds and ages are struggling as well, and they begin to feel safe to open up and share.

*Restore* is the place to realize you are not alone. Restoration is possible – if not for your marriage, for you!

## ***Who Should Attend***

Women dealing with the pain and trauma of an affair. Women whose husband, boyfriend or father is in to porn, strip clubs, prostitutes, sexting, voyeurism, cross dressing, or same sex attraction.

## ***You'll Learn About***

- The sexual addiction cycle & why he does what he does
- Negative self-beliefs & the vows you've made
- Trauma, anger, bitterness & guilt
- Tools for the early stages of recovery
- Unhealthy & healthy coping skills
- Living a restored & redeemed life
- Forgiveness
- Rebuilding trust
- Marriage after betrayal
- Self-care
- Disclosure
- Triggers & boundaries

## ***Cost and Value***

- 3 meals – Friday dinner; Saturday lunch & dinner (breakfasts are on your own)
- 8 teaching sessions
- 6 small group process sessions facilitated by a credentialed New Life Network Counselor
- Registration Rate: \$800 early bird; \$1,000 regular per person

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While it is not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.



## ***Process Groups***

Throughout the weekend you will breakout in to a small process group facilitated by a credentialed New Life Network Counselor. All facilitators hold at least a master's degree and are committed Christians with specific clinical training in treating sexual addiction and related issues. The majority of the facilitators are in some form of personal recovery as a partner.

It is common for some who are not familiar with the group process to feel anxious and uncertain about this part of the workshop. Be assured your facilitator will create a safe space to process what you are learning in the main sessions. You will experience support and connection with others in your group and create a plan for when you go back into your daily life. Many alum say the process groups the best part of the weekend!

There is a ratio of one counselor to every seven to nine attendees.

## ***Registration***

You may register online at [newlife.com](http://newlife.com) or by calling 800-NEW-LIFE (639-5433). Please register early. We have limited space. Registrants must be at least 18 years of age.

## ***Cancellations***

If you cancel 12 days or more prior to the workshop, you'll receive a refund of the amount you've paid minus a \$200 cancellation fee per person. If you cancel less than 12 days before the start of the workshop or no show for the workshop, no refund will be given.

## ***Health Insurance Coverage***

Unfortunately, insurance companies do not reimburse for programs like this.

## ***Speaker – Shelley Martinkus***



Shelley's entire world changed years ago when she confronted her husband and demanded the truth about his secret life of infidelity. Little did Shelley know that his recovery from sexual addiction would be the impetus for her to begin looking honestly at her life - her past and her brokenness - and begin seeking healing and wholeness for herself and her marriage.

Shelley speaks to many different audiences about her story. She and Jason also speak together, helping others find healing in their relationship after betrayal. They provide training and information to professionals and lay people who are helping those in recovery.

Her book, *Rescued*, released in 2015. She also co-authored *Understanding and Loving a Person With Sexual Addiction* with her husband, Jason. She is a contributor for MOPs and writes blogs.

## ***Schedule***

Friday      2:30pm – 9:15pm  
Saturday    9:00am – 8:45pm  
Sunday      9:00am – noon



(800) NEW LIFE [newlife.com](http://newlife.com)