

## WHY DO PEOPLE GO TO A RETREAT?

By God's grace, Shepherd's Canyon Retreat offers help, hope, and healing to pastors, Christian ministry workers and / or spouses going through:

- Burnout, Stress, Overwork
- Compassion Fatigue
- Church or Staff Conflict
- Depression, Anxiety
- Unmet Goals / Expectations
- Current or Future Changes
- Unable to Take a Day Off
- Marriage / Family Challenges
- Lack of Energy, Direction
- Preparing for a Sabbatical
- Grief
- ... and More

## WHO CAN COME TO A RETREAT?

Shepherd's Canyon Retreat serves full-time ministry workers from ALL Christian denominations:

- Pastors, Priests, Clergy
- Missionaries
- Chaplains
- Directors of Christian Ed
- Christian School/College Faculty
- Deacons & Deaconesses
- Christian Camp Ministry Leaders
- Worship Leaders
- Spouses

## CONTACT US

☎ 480-588-8837

✉ [Info@ShepherdsCanyonRetreat.org](mailto:Info@ShepherdsCanyonRetreat.org)

🌐 [ShepherdsCanyonRetreat.org](http://ShepherdsCanyonRetreat.org)



Shepherd's Canyon Retreat  
PO Box 222  
Wickenburg, AZ 85358  
[ShepherdsCanyonRetreat.org](http://ShepherdsCanyonRetreat.org)



# CHRISTIAN MINISTRY CAN BE CHALLENGING

Burnout | Stress | Conflict | Depression | Anxiety | Grief

**BUT THERE IS HOPE**

Come to Me, all who labor and are heavy laden, and I will give you rest.

Matthew 11:28



## GOD WORKS THROUGH SHEPHERD'S CANYON RETREAT

*"It wasn't until two of the church elders saw me in my office with tears welling up in my reddening eyes in between services that they finally realized and believed me that something was very wrong. I was burned out and needed help."*

This is one example from one of the many ministry workers that find help through Shepherd's Canyon Retreat.

Each week is customized for each person's individual needs. During the retreat, **2 professional therapists and a chaplain** care for up to 8 participants (4 couples, 8 singles or a combination). Retreat participants experience the joy of unburdening themselves by sharing their story with other ministry leaders and spouses and hear their stories as well. Participants also spend time **in group, couple and individual counseling** as they process what is going on in their lives.



## WHO TOWS THE TOW TRUCK?

Ministry workers are like tow trucks who help others in need, but who helps them when they're in need? **God does this through Shepherd's Canyon Retreat.**



## WHAT IS THE COST?

Scholarships are available to help support the cost of staying 7 nights at a hotel-style resort with 19 meals along with the leadership of 2 professional therapists, chaplain, and the rest of the staff.

**Thanks to generous donors, no one is turned away due to lack of funds, but that doesn't mean that this retreat is free.** It just means that there are ways to cover the cost for those who participate including finding support from local, regional, and national, denominational resources. Cost should not be a factor for those who are interested in attending.

**Reach out to the Executive Director of Shepherd's Canyon Retreat to discuss options.**

## SHEPHERD'S CANYON NEEDS PRAYERS, DONORS & VOLUNTEERS

Interested in supporting Shepherd's Canyon Retreat with your donations, prayers, and/or time? Please fill out this form or go to the digital links below.

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_ I have enclosed a donation.

\_\_\_ Please add me to your email list.

\_\_\_ I would like to volunteer.

### Please mail this form to:

Shepherd's Canyon Retreat  
PO Box 222  
Wickenburg, AZ 85358

Or use the digital links below.



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