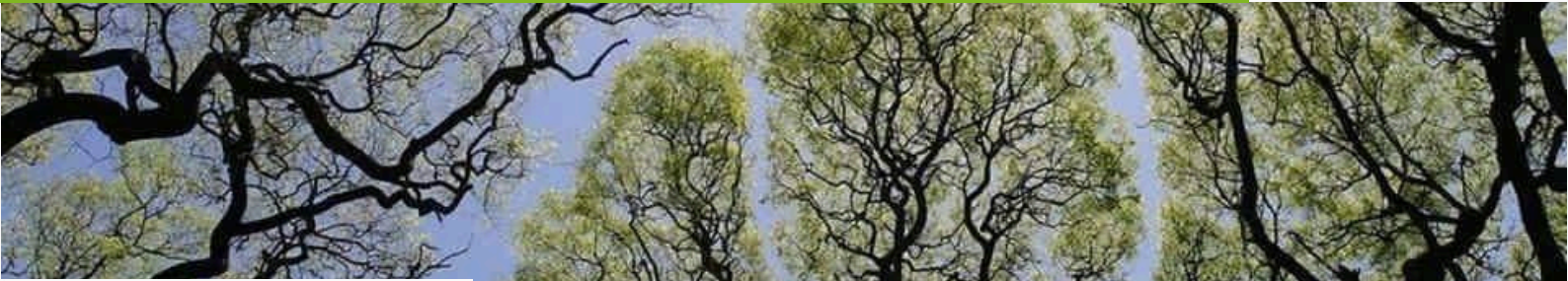


REFERRAL PROCESS



OUR MISSION

Life A Plenty Charitable Trust provides FREE recuperative, therapeutic retreats for women seeking help from stress, anxiety or trauma. The service is provided specifically for women within the Bay of Plenty region and is fully dependent on donations.

WHO CAN PARTICIPATE ?

☒ Must experience current stress or early signs of burnout – but not be in crisis.

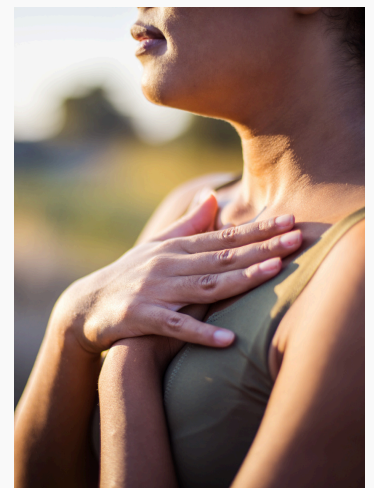
☒ Must live in the wider Eastern or Western BOP areas, also including Rotorua, Taupo or Tokoroa.

☒ Must have little or no financial means to take a break.

☒ Has dependents (children, partner/spouse / parent, or other that requires daily care). Applicants with dependents will be prioritised. Young dependents should be over 2 years old.

Other extenuating circumstances may be taken into consideration.

The Retreats run for 5 day/4 nights and you must remain on-site at the Retreat venue for the whole duration and need to make your own transport arrangements to and from the Retreat.



2025/2026 RETREATS

See the Life A Plenty website for dates of 2025/2026 Retreats.

Referrals must be received no later than 9 weeks before the retreat

[SUBMIT A REFERRAL AT WWW.LIFEAPLENTY.NZ](http://WWW.LIFEAPLENTY.NZ)

REFERRAL PROCESS



WHO WILL MOST BENEFIT FROM ATTENDING ?

- Women with medium levels of needs (mental, emotional) and without physical and medical needs that may potentially not be safely accommodated due to the location and venue
- Women who have completed or are engaged in one-on-one work where applicable with a supporting professional and are not currently in crisis
- Women who are or have regained some level of stability in terms of housing, mental health and crisis stressors
- Women who are able to scaffold their journey back to increased wellbeing by attending life-skills workshops and benefit from groupwork. The women are at a point where they are able to take on new ideas for growth

WHAT TO EXPECT

Two facilitators remain on site for the duration and are able to offer some individual support to the women, alongside daily 3 hours of therapeutic/life skills workshops. Topics that may be offered are Mindfulness, Relaxation, Gratitude/Journaling, Self-Compassion, Boundaries, Core Belief Systems, Problem Solving, Grief, Stress and Goal Setting.

- Rest and relaxation
- Own room (single beds)
- Alone time and group time (meals and workshops)
- 3 meals per day. Gluten-free and vegetarian diets can be catered for.

This is **NOT a pamper retreat**.

Our Retreats do not offer religious content or guidance.

SELECTION PROCESS

~ 9 weeks before retreat

Submit Online Referral Form with your referrer

~ 8 weeks before retreat

We contact all applicants. Personal interviews with potential participants.

~ 5 weeks before retreat

8 women selected based on criteria

~ 4 weeks before retreat

Applicants are notified. Reserves might be shortlisted in the event a woman has to withdraw from attending.