



We are not a rehab

Guests are plugged into Dargaville Community Health alcohol, drug and mental health services and the Dargaville Medical Centre for any medical, addiction or mental health support.

Arapohue Retreat is a holistic haven where issues of the mind, body, spirit and whanau are addressed (te whare tapa whā) in a faith-based, family environment. We offer:

- country cottage or cabin-style sleeping quarters, quality healthy food, power, water, Internet for a very low fee.
- specialised video teaching on inner healing from trauma and addictions plus one-on-one and group sharing therapy opportunities.

- help to rebuild strength, confidence and skills and get activated with a variety of supervised work activities as a therapy:
 - restoring old railway huts into comfortable cabins
 - veggie garden maintenance (planting & mulching)
 - orchard maintenance (weedeating and mulching)
 - cleaning and cooking or learning to cook (rostered)
 - walking and grooming horses
 - trimming trees and gathering firewood
 - thistle and weed grubbing (removal) in paddocks
 - creating a walkway through the 11-acres of native bush

Arapohue Retreat helps people find their way out of trauma and addiction to face the future with hope.

Do you need a safe haven, with help and support for yourself, a friend or family member struggling with life issues?

Unresolved adverse childhood experiences become hard-wired trauma, triggering coping mechanisms for survival. If allowed to go on unhealed, these coping mechanisms become drivers for addiction and the root of mental health issues.

We help people reverse destructive thinking patterns driven by trauma which spark downward spirals in mental health, family life and interfere with healthy decision-making.

Breakthrough comes from healing the wounded soul (heart, mind and emotions), forgiveness, and retraining the mind from the old ways of coping and negative patterns of thinking—to respond differently.

**We help you,
& you help us!**

// ... be transformed by the renewing of your mind. Romans 12:2

Healing and recovery

for those in need of healing from trauma and addiction.



Rural accommodation in a unique holistic sanctuary where we do life together.

What recent guests are saying

"Before I read Janet's book, The Wild Side—from meth-addiction to redemption—five times—I was on heroin, methodone and opiates trying to kill my emotional pain. I wanted the kind of healing and freedom that she had. On the fourth day at Arapohue Retreat, where I received much love and prayer, I was out of bed and grooming one of the horses—and the terrible withdrawal symptoms were gone! What hadn't been accomplished by 15 medical detoxes in the past, was done in less than one week. I had begun my healing journey." – L.



"In ten weeks my life has completely turned around... from a lifetime of drugs, alcohol and cigarettes—a lifestyle of gangs, guns and prostitution—and the most severe domestic violence a person can live through—to a miracle healing with God. Three of my children have already been returned to my care (while still at Arapohue). I'm well on the way to emotional wholeness, working through trauma healing—and discovering my real identity, destiny and purpose." – K.

"I am so grateful to Arapohue Retreat for helping me." – K.

Who can come?

#notimewasters #noboxtickers

#1 Criteria:

We only work with people who are **100% serious** about doing the work required to get healing for their wounded souls, stop their addictions, stinking thinking and dysfunctional behaviour—desperate to get off the rat wheel of damaging cycles—and turn their lives around 180°.

ZERO TOLERANCE

on drugs, alcohol, nicotine and vapes

Smoking cessation support available.
Patches + lozenges OK on a reduction plan.

How to get here

- #1** If you're supported by a community agency or church, have them contact us first to introduce you, see if there's a vacancy and make an application.
- #2** You need to call Ray and Jan (co-directors of Arapohue Retreat) and convince them you're **desperate** and willing to change your life.
- #3** If your application is accepted, do your best to detox and / or quit smoking before you get here. Smoking is a trigger for addiction.



There is
hope

Contact



WST

WILD SIDE CHARITABLE TRUST

wildsidetrust.org

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Arapohue Retreat is run by the
Wild Side Charitable Trust
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A refuge from the storm

— Isaiah 25:4