



# *The* Journey Home

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images by anne canon photography

*A warm and safe surrounding can offer a variety of benefits for your mind and your body. Some people may feel the joy of total relaxation and peacefulness. For others, this environment may bring energy to help them accomplish their goals. The Journey Home provides an atmosphere that can accentuate the energy you bring by offering a variety of opportunities for personal soulful adventures or fun getaway retreats. In fact, owner Theresa Hubbard, LMFT, believes your experience will be so positive that finding a reason to come back is all you think about on the drive home.*



"A retreat is an opportunity for you to have some distance from your daily routine of work or home, while experiencing new things and learning more about yourself," noted Theresa. "We're creating a sense of community with those who might be on a similar journey. Most importantly, you're heard, supported and not judged. It's really about an experience of compassion."

Whether it's for therapeutic retreats, spiritual journeys, corporate team buildings, wedding celebrations, private events, girl or guy getaways or family reunions, The Journey Home in Dearborn, Missouri, offers many adventures that you can plan for you and your guests. When you reserve the spacious and warmly decorated home for the afternoon, the weekend or the week, your group is the only one in the residence, which gives you complete privacy. Whether your group stays up all night determining strategic business goals or uses the gourmet kitchen to conduct all-day cooking classes, you can be assured that it will be a special personal experience.

"The Journey Home has been open for two and a half years as a private facility retreat cen-



ter," Theresa explained. "There aren't many options for retreats in the KC metro area and The Journey Home is unique because it's private and feels like a home. The facilities don't resemble a sterile dorm room or a hotel conference room. You'll immediately feel a deep sense of calm and peacefulness that The Journey Home will bring to your retreat."

Adding to the success of the retreat are the wonderful amenities Theresa has intentionally designed to enhance the enjoyment of the retreat. "I've been on a number of retreats, and the accommodations are typically the thing people complain about most. I didn't want this to be a distraction at The Journey Home," Theresa said. "Our facility is a beautiful place, and it's simple,







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not overdone with a lot unnecessary things. Our bedrooms allow you to have the space to breathe and enjoy your time with us."

A wide variety of customers experience The Journey Home, and the events are only limited by the creative minds of her guests. "Clients can create their own unique retreat as they think 'outside of the box' to design a session that creates a cohesive group focused on achieving their goals. The spaces here lend themselves to whatever you want to create. We find that 15 to 20 attendees is a nice size group."

Many groups conduct wellness retreats. Additionally, there are such gatherings as cooking classes, photography seminars or even quilting how-to events. Most events are held over the weekends, but the dates and days are up to the individual planning the outing. Weekend wedding events are common at The Journey Home.

The Journey Home's design creates community among the participants. Numerous alternate settings at the facility promote group cohesion and synergy. You have the entire two-story home for your event; it features an expansive front

room, a comfortable library, dining room, kitchen, courtyard, back porch and bedrooms. No matter where you are at The Journey Home, you feel a deep sense of warmth, relaxation and caring.

Theresa also offers her own workshops to the public. Her mindfulness retreats, which feature a deep experience with nature, are very popular. She also provides grief counseling retreats for families, thriving through cancer and couples' retreats. There are a number of different ways people can connect with themselves and to each other at The Journey Home.

"There's always the opportunity to have a better life experience. It's not always easy, but there's always hope," remarked Theresa. "I'm curious to understand who you are, the choices you've made and how you see the world. But most importantly, you won't be judged for who you are. We want the people visiting The Journey Home to feel a deep sense of compassion and the warm embrace of a safe environment." **HLM**

Visit The Journey Home at 18993 SE 65th Road, Dearborn, Missouri, the website at [journey-homeretreats.com](http://journey-homeretreats.com), or call 816 501-6350.



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