

[www.iasgw.org](http://www.iasgw.org)



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# *Slow, Settle, Soften* with the

## **Illinois Association for Specialists in Group Work (IASGW) Retreat at Kishauwau Cabins on October 2-4, 2026**

### *Slow*

This intimate all-inclusive retreat is held at a property near woods and waterfalls; we'll put down the screens and reconnect to nature and humanity at [Kishauwau Cabins](#). Their "nostalgic vacation cabins... offer a blend of country charm with plenty of space to spread out. In addition to the fully stocked kitchens, each unit includes comfortable furnishings and central air... There is no WiFi access available in our cabins. Due to the beauty of nature on the property (large trees), there is very little cell phone reception."

Lodging options include a limited number of private bedrooms and public beds across three cabins; plus, this year, an option for a day pass or private cabins.

### *Settle*

Group work, hikes, guided meditation, and art invitations will provide ample opportunities to explore your internal and external connections and intentions. WORKING, such as taking crisis calls or catching up on notes, will be EXPRESSLY PROHIBITED to ensure attendees the chance to truly rest and recover from demands of work. (Of course, learning, sharing, and networking are encouraged!)

### *Soften*

Nutritious and delicious meals are included in the registration (dinner on Friday, breakfast lunch and dinner on Saturday, breakfast on Sunday). You'll receive a private one-hour massage and a professional group sound bath. By the time you head back home on Sunday morning, it is hoped you will feel refreshed throughout your mind, body and soul.

### Approximate drive time to Kishauwau from...

Quad Cities: 1.5-2 hours

Rockford: 1.25-2 hours

Des Plaines: 2.5-3 hours

Navy Pier: 2 hours

Oak Park: 2-3 hours

Lisle: 1.5-2 hours

Springfield: 2-2.5 hours

Collinsville: 3-3.5 hour

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### All included:

- Five home-cooked, communal meals 🍲
- Gourmet coffee, tea, and desserts ☕
- Plenty of nutritious (and non) snacks 🥕
- Immersion in natural surroundings 🌲
- Disconnection from digital world 🔥
- Connecting with like-minded professionals 😊
- Quality experiences in group work 💕
- Burnout-busting self-preservation practices 🧘
- A private, full one-hour table massage 🧑
- Gift bag of self-care supplies 🛍️
- Entry into two state parks 🌳 🌳
- 2 nights' stay with heat/air conditioning 🛏️
  - in a private room in a shared cabin with queen bed: **\$850**
  - in a public space—living room—in a twin bed: **\$650**
  - In a private cabin with a wood-burning stove and queen bed: **\$1000**  
(3rd night free—ONLY ONE AVAILABLE!)
  - In a private cabin with wood burning stove and a whirlpool tub: **\$1100**  
(3rd night free—ONLY ONE AVAILABLE!)
- **NEW OPTION: DAY PASS** ☀️ all activities and meals but **no lodging**: **\$400**  
(you might reserve your own cabin at Kishauwau or a nearby campground or hotel... or live nearby)

# Itinerary-

## **Arrival evening: Friday, October 2, 2026**

Welcome to your slow retreat into the woods! We have the three biggest cabins on the grounds of [Kishauwau Cabins](#) in Tonica, Illinois. The biggest is “Grandma’s Cabin,” holding 4 private bedrooms and 8 public beds in shared space. This is where we’ll hold our community meals and much of the group work. The others are “Trading Post,” holding one private bedroom and 4 public beds, and “Illini Cabin,” holding two private bedrooms and two public futons. The closest private cabins, “Wilderness Cabin” and “Bridge Cabin” were reserved for retreaters as well. As we orient to our spaces and share dinner, we will begin to name our intentions and support each other's hopes for the retreat. Evening mindfulness practice will be offered.

## **Morning One: Saturday, October 3, 2026**

Breakfast will include freshly ground gourmet coffee, teas, and juices along with fruit, eggs, meats and breads. We’ll visit the state parks and do some hiking and exploration together. Massages will be scheduled for each participant in designated bedrooms (for privacy). Art invitations and time for private reflection will be offered. Tentative plans for continuing education are included.

## **Evening Two: Saturday, October 3, 2026**

A healing sound bath will be offered. Group work will precede a home-cooked dinner, and a group contemplative practice will be shared.

## **Morning Two: Sunday October 4, 2026**

Sunday morning will bring a farewell breakfast and closing group work with meditation.

*\*\*\*\*\*private cabins will include a **third night** for no extra cost–*

*However, no meals or programming will be provided after 12pm on Sunday!\*\*\*\*\**

**To register, visit this [registration form](#) .**

\*This retreat is only for members of ICA with IASGW division membership. For more information on membership, see [www.ilcounseling.org](http://www.ilcounseling.org) (only \$20 to [add the division](#) to an ICA membership, or \$85 for the total [ICA/IASGW membership](#))

**Payment plan options:**

Registrants may elect to pay in three installments for an extra \$50 (except the day pass is only available in one single payment of \$400). **Beware: a missed payment results in a  canceled reservation with no refund.**

P1: Public beds paid in full are \$650, or

P3:

1. Pay \$250 now
2. Pay \$250 on May 1, 2026
3. Pay FINAL PAYMENT for \$200 on July 1, 2026 (\$700 total)

B1: Private bedrooms paid in full are \$850, or

B3:

1. Pay \$300 now
2. Pay \$300 on May 1, 2026
3. Pay FINAL PAYMENT for \$300 on July 1, 2026 (\$900 total)

C1A: ONE private cabin BRIDGE CABIN paid in full is \$1000, or

C3A:

1. Pay \$350 now
2. Pay \$350 on May 1, 2026
3. Pay FINAL PAYMENT for \$350 on July 1, 2026 (\$1050 total)

C1B: ONE private cabin WILDERNESS CABIN paid in full is \$1100, or

C3B:

1. Pay \$400 now
2. Pay \$375 on May 1, 2026
3. Pay FINAL PAYMENT for \$375 on July 1, 2026 (\$1150 total)

D: NO LODGING DAY PASS paid in full is \$400

*This retreat is a fundraiser for the [Community Based Group Counseling Grant](#), supporting Illinois clinicians in providing free groups in their communities. To find out more, visit [www.iasgw.org/service-to-illinois](http://www.iasgw.org/service-to-illinois) .*

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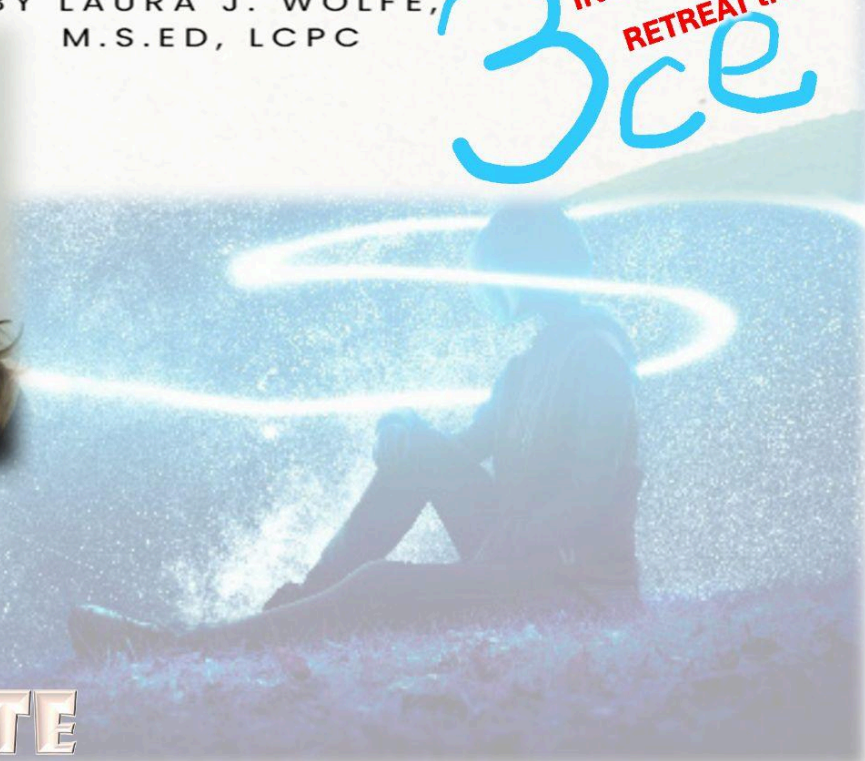
presents:

# DREAMSPEAK

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with the Modified Ullman Method

BY LAURA J. WOLFE,  
M.S.ED, LCPC

**3** INCLUDED with your  
RETREAT ticket!  
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**LIVE ON-SITE**

**ONLY AT THE IASGW MEMBERS RETREAT!**