

CARIBBEAN

**TRAVEL
SOBER**
The Journey Begins



LOVE THAT WORKS

Rebuilding & Sustaining Connection – In Recovery and Beyond

January 9-16, 2027

7 Nights/Roundtrip: Galveston, TX
on the Norwegian Viva

EARLY BIRD* Prices Starting at: \$1025

per person, based on double occupancy

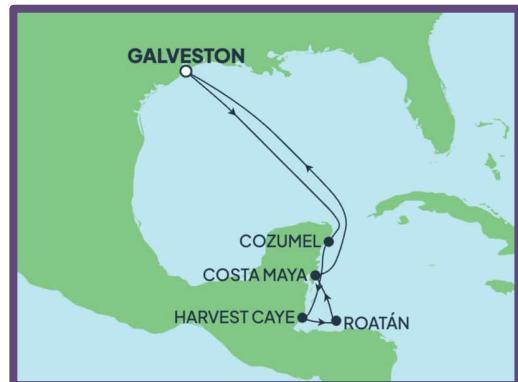
*Early Bird rates through May 1, 2026

\$250 Cruise Deposit

\$280 Non-Refundable Admin Fee

per person due at time of booking

GUEST SPEAKERS: author Sandra D
with Kathy G, Kristi B



NCL NORWEGIAN
CRUISE LINE®

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BOOK NOW: (805) 927-6910
travelsober.com / inthislife@aol.com

EARLY BIRD (through MAY 1) PRICES STARTING AT:

Inside \$1025

Oceanview \$1139

Balcony \$1215

Suites available upon request

DUE AT TIME OF BOOKING (per person):

\$250 cruise deposit

\$280 non-refundable administrative fee

NEW OPTION - FREE STYLE PLUS: \$50 per person per day

premium perks: unlimited Starbucks, unlimited Wi-Fi,

50% off extra specialty dining, and prepaid service charge



LOVE THAT WORKS

Rebuilding & Sustaining Connection — In Recovery and Beyond

Addiction disconnects us. But even beyond addiction, most of us were never taught how to create emotional safety, conscious communication, or lasting trust. Connection is not automatic. It is learned.

Join Saundra Dickinson, Kathy Gray, and Kristi Brown — with over 90+ years of combined experience working in addiction recovery, trauma, families, and relationships — for powerful, engaging IMAGO-based sessions designed to help you restore and sustain meaningful connection.

Through interactive experiences and practical tools, you'll learn how to regulate emotions, communicate without blame, transform conflict into growth, and build relationships grounded in safety, honesty, and presence.

Sobriety clears the mind.

Conscious connection heals the heart.

"A wonderful guide to healthy relationships."

— Harville Hendrix, Ph.D. & Helen LaKelly Hunt, Ph.D.

Developers of IMAGO Relationship Therapy & authors of *Getting the Love You Want*

Experience authentic community, inspiration, laughter, and life-changing skills — all while sharing the journey at sea.

ABOUT OUR SPEAKERS:

Saundra Dickinson, LPC, LMFT, NCC is a Certified IMAGO Relationship Therapist, & Workshop Presenter, Certified EMDR Therapist, & author of her book, LOVE THAT WORKS. She has specialized in over 30 years all areas of human relationships including couples, families and individuals. Saundra has helped educate & inspire clients in the importance and necessity of restoring and reconnecting their lives with their marriages and families.

Kathy Gray, LPC, LMFT, OTA is a Certified IMAGO Relationship Therapist, Certified EMDR Therapist, Consultant and Presenter. Kathy presents both locally and internationally on addiction, eating disorders, PTSD and trauma, educating and training on new coping and communication skills that help participants manage emotions while developing sustainable connection that can transform their lives.

Kristi L. Brown, BA, MA, Certified Mediator, Life Coach has specialized for over 30 years working with individuals and families, challenging issues including depression, anxiety, addiction, confrontation and conflict. She has assisted, and been an asset, in IMAGO Relationship Workshops. Kristi has an exceptional ability to facilitate families dealing with stressful circumstances and conflict while honoring their personal space as unique individuals and mediating their differences.

TOUR OPTIONS INCLUDE: swimming with dolphins, Lucha Libre show, submarine tour, kayaking, paddle board, snorkeling, zipline, catamaran ride, water trampoline, historic tours – temples, frescoes, hieroglyphics, Mayan ruins, and of course, beautiful beaches and views!

DATE	PORT	ARRIVE	DEPART
SA 1/9	Galveston, Texas		4:00 pm
SU 1/10	At Sea		
M 1/11	Cozumel	8:00 am	5:00 pm
TU 1/12	Roatan Bay Islands	8:00 am	5:00 pm
W 1/13	Harvest Caye	7:00 am	5:00 pm
TH 1/14	Costa Maya	7:00 am	1:00 pm
F 1/15	At Sea		
SA 1/16	Galveston, Texas	8:00 am	

ABOUT IN THIS LIFE/TRAVEL SOBER

We have been privileged to provide sober travelers a safe place to enjoy each other's company, experience great speakers and workshop leaders while enjoying all the benefits of cruise and land vacations with like-minded people.

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