



Breathe Retreat

October 16-18, 2026

The Ranch at Saddleback



Hello there!

We are so pleased that you are considering joining us for the BREATHE Retreat October 16-18, 2026. We look forward to hosting approximately sixty mothers who will be participating in the retreat. As you consider registering, please be sure to read and review everything in this guide. If you have any questions or need further clarification prior to registration, please email us at info@hopeforbrightertomorrows.org

The Ranch at Saddleback

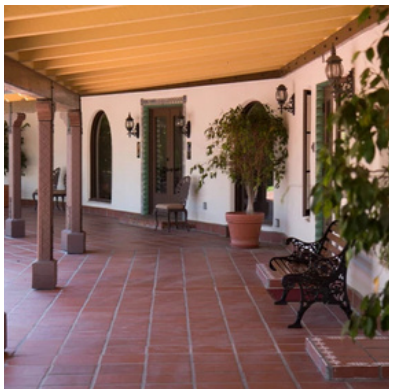
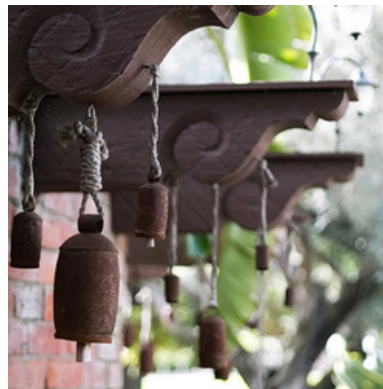
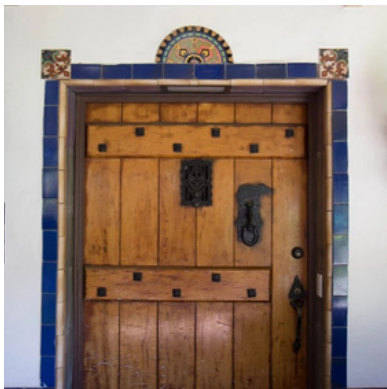
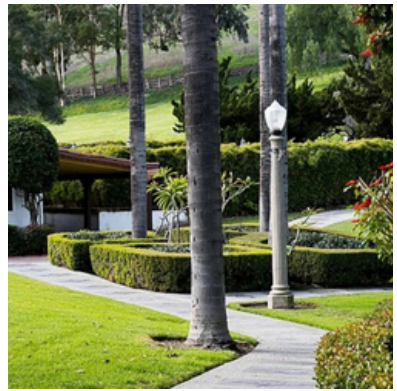
In the heart of bustling Orange County, The Ranch at Saddleback is an unexpected jewel. The 170-acre grounds include beautiful walking paths, buildings inspired by Spanish architecture, and a historic adobe ranch house built in the 1800s, all overlooking a serene lake surrounded by shady trees, weeping willows, and palms.

Retreat Address:

29521 Camino Capistrano
San Juan Capistrano, California 92675



The Ranch at Saddleback



Retreat Schedule



FRI OCTOBER 16, 2026

1:00 p.m.	Check-In Begins
1:00 p.m. - 4:00 p.m.	Meet & Greet (Open House) & Optional Free Time Activities
2:30 p.m. - 3:45 p.m.	Optional Aromatherapy Workshop
4:00 p.m. - 5:15 p.m.	Optional Aromatherapy Workshop
5:30 p.m.	Dinner with Discussion Groups
6:45 p.m.	Session One
8:45 p.m.	Dessert and Optional Late Night Activities

SAT OCTOBER 17, 2026

7:00 a.m.	Optional Christ-centered Yoga or Walk & Worship
8:00 a.m.	Breakfast
9:00 a.m.	Session Two
11:00 a.m.	Group Time and Lunch
12:30 p.m.	Activity Rotation One
2:00 p.m.	Activity Rotation Two
3:30 pm	Free Time
	<u>Optional Activities:</u> (Relaxing, Art, Journey with Jesus, & Snacks)
	<u>Optional Individual Care Sessions*:</u> (Guided Prayer Experience, Personal Coaching, Chair Massage)
5:30 pm	Dinner
6:45 pm	Session Three
8:45 pm	Dessert and Optional Late Night Activities (Surprise!)
	*Individual Care Sessions have limited space available

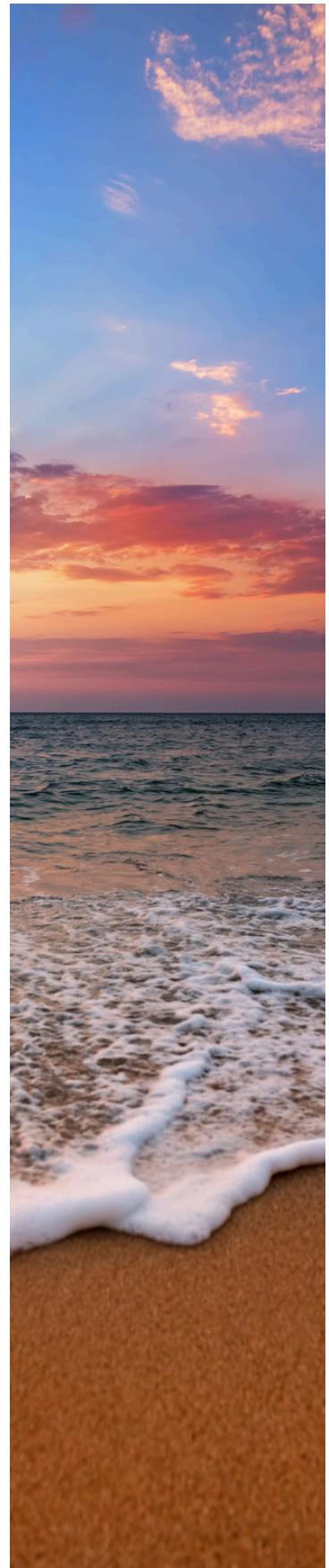
SUN OCTOBER 18, 2026

7:00 a.m.	Optional Christ-centered Yoga or Walk & Worship
8:00 a.m.	Breakfast
9:15 a.m.	Group Photo
9:30 a.m.	Session Four
11:30 a.m.	Check Out

Activities

What optional workshops are offered?

- **Aromatherapy Workshop:** Learn how to elevate your spirit, promote mental clarity, and support calming habits through the use of essential oils, while creating a personalized keepsake.
- **Guided Breathwork Workshop:** Explore a proven scientific approach to caring for our bodies. Discover how deep breathing and prayer can bring powerful internal peace and rest for your body and soul.
- **Healing Art Experience:** Participate in an art experience that supports healing and self-exploration through the creative process. Absolutely no creative background is necessary to participate in this art activity.
- In addition, attendees will have the option to select one of the following individual care activities, which will be available during free time. We will do our best to accommodate each participant's choice based on availability.
 - **Guided Prayer Experience:** Experience a safe, private, and guided prayer session with two female prayer partners who will come alongside you in praying for your journey.
 - **Personal Coaching:** Receive personal coaching and pastoral care with a female Christian mental health professional.
 - **Chair Massage:** Enjoy a relaxing, decompressing head, neck, shoulder, and back massage, all while remaining clothed.



Activities

What optional free time activities are offered?

There will be a number of optional activities (included in the registration price) offered throughout the weekend to refresh your body, mind, and soul.

- **Join us in the Library for a casual Meet & Greet on Friday from 1:00 p.m. to 4:00 p.m.**, to get acquainted with the BREATHE Mom Table Hosts and other retreat attendees, and enjoy delicious refreshments.
- **Morning Yoga:** Participate in a Christ-Centered Yoga class, where the instructor weaves in meditation and Scripture.
- **Relax in the Library throughout the weekend**—a peaceful space filled with books, cozy seating, and optional art supplies for creative expression or quiet reflection.
- **Morning Walk & Worship:** Join other women on a guided morning stroll around the retreat center.
- **Journey with Jesus:** Engage with the Stations of the Cross experience. This is a self-guided outdoor prayer experience aided by locally created mosaic artwork.
- **Scenic walking paths:** Enjoy the beauty of The Ranch at Saddleback on your own.
- **Unwind with fun late-night activities and treats** which will be available both Friday and Saturday evenings.
- **Get ready for a fun surprise!!!**

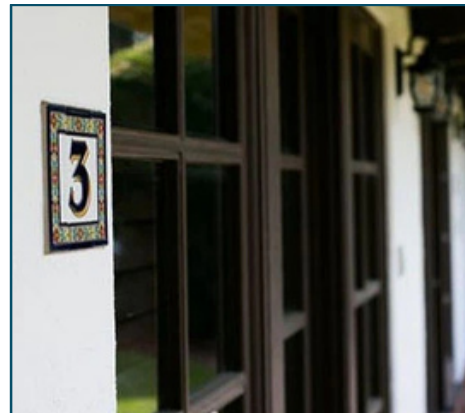


Accommodations

LAKESIDE ROOMS



HACIENDA ROOMS



The Ranch at Saddleback offers simple and comfortable accommodations in either the Hacienda or Lakeside buildings. Each retreat attendee will be provided with a private room, which is furnished with two queen-size beds and an ensuite bathroom.

Linens, towels, and an iron/ironing board are included. Free Wi-Fi is available throughout the campus. There are no televisions in the room.

***Please note that hair dryers and toiletries are not provided.**

FAQ's

When does the retreat begin and end?

Check-in opens at 1:00 p.m. (PT) on Friday, October 16, and check-out is at 11:30 a.m. (PT) on Sunday, October 18. If you plan to arrive late (after 5:00 p.m.), please email us at: info@hopeforbrightertomorrow.org so that we can accommodate your check-in.

What should I bring?

Please bring casual, comfortable clothes as many of our activities will be hosted outdoors. Southern California nights can get chilly so we highly recommend you bring a jacket or sweatshirt. We suggest you bring tennis shoes as the retreat center is rustic and includes wooded areas, undeveloped land, and critters.

Additional items to bring:

- Bible
- Journal
- Sunscreen
- Yoga Mat (We will provide mats but feel free to bring your own)
- Hair Dryer
- Toiletries (Shampoo, Conditioner, Body Wash, Toothpaste & Toothbrush)
- Phone Charger
- Medications
- Printed COPY of a photograph of your child

If you're comfortable, please email info@hopeforbrightertomorrow.org a photograph of your child/ren with mental health challenges for us to display in the Family House, a "house" dedicated to prayer for our children.

Alternatively, you may bring a physical COPY of a photograph (no larger than 8x10") to the retreat with you for display.

FAQ's

Where are the closest airports?

Southern California has multiple airports to choose from (John Wayne/Orange County, Los Angeles International Airport, Long Beach, Burbank, Ontario, and San Diego). For reference, John Wayne/Orange County (SNA) is about 20 minutes from the retreat center, and Los Angeles International Airport (LAX) is about an hour and 15 minutes away without traffic. There is no public transit system to The Ranch at Saddleback. Please plan to rent a car or take an Uber.

What are the meals?

Five delicious meals will be provided throughout the weekend, as well as snacks and beverages (bottled water, coffee, tea, select sodas, and sparkling water). There will be gluten free options available at every meal and we will work with the caterer to accommodate any other dietary restrictions.

Can my husband or child stay onsite at the retreat center with me?

This is a women's only event. To be respectful of the privacy of the women who attend, we are only able to offer lodging to registered retreat attendees.

Is this retreat for a mom who has lost a child to suicide?

We are so sorry for the loss you have experienced. There are no words for the loss of a beloved child. This particular retreat is designed for moms who currently have a child with mental illness. We do not recommend this retreat for a mom who has lost a child to suicide. Please email info@hopeforbrightertomorrow.org to receive other options for support.

Retreat Personnel



Kay Warren

Founder of Hope for Brighter Tomorrows

Host & Speaker

Kay Warren is the founder of Hope for Brighter Tomorrows, the Christian nonprofit that sponsors the BREATHE Retreat. Kay cofounded Saddleback Church with her husband Rick in Lake Forest, CA in 1980 where they served until Rick's retirement in September 2022.

After the death of her son, Matthew, who lived with serious mental illness for most of his life, she founded Saddleback's Hope for Mental Health Initiative to support individuals and family members of loved ones with mental illness and suicidal ideation. The Initiative also trained others in the faith community how to launch or expand existing mental health ministries. In 2019, Kay started BREATHE to minister to parents of children with serious mental illness. These events include weekend respite retreats, online retreats, and free virtual calls, with mental health professionals.

Kay was a board member of the National Action Alliance for Suicide Prevention and is active in mental health/suicide prevention efforts in Orange County, CA. Kay is the author of Sacred Privilege: Your Life and Ministry as a Pastor's Wife, Choose Joy: Because Happiness Isn't Enough, Say Yes to God: A Call to Courageous Surrender, and the coauthor of Foundations, a popular systematic theology course used by churches worldwide. Her children are Amy, Josh, and Matthew (who is in heaven), and she has five grandchildren.

Retreat Personnel



Kelly M. Rosati, J.D.

President of Hope for Brighter Tomorrows

Co-Host & Speaker

Kelly M. Rosati, J.D. has been an advocate for children and families for nearly 30 years. An attorney by education, she began her career in government and legal affairs in the healthcare arena. Her full-time child and family advocacy began in Hawaii where she was a proponent of child-friendly policies in the legislature and media. She then served as the Vice President of Advocacy for Children at a national family ministry and after that was the founding director of the Flying Horse Foundation, where she launched equine-assisted learning programs for at-risk kids in Colorado, Costa Rica, and Kauai.

Her passion for children has been both professional and personal as she and her husband, John, adopted their four children from foster care and wrote about the journey in their book, *Wait No More* (Tyndale, 2011). She was named by the Honolulu Star-Bulletin in 2001 as one of the “10 Who Made a Difference” in the state of Hawaii for her child advocacy work and has testified before Congress about the needs of children in foster care. She joined Hope for Brighter Tomorrows as its President in 2024 with a passion for serving families like hers who are impacted by mental health challenges. When away from work, she enjoys spending time with John, their four children, dogs and horses, and exploring the beautiful outdoors. She and John are expecting their first grandchild in November of 2026.

Retreat Personnel



Luan Sy

MSW

Session Speaker

Luan began her professional life in architectural design and real estate development. During these years, she experienced several medical emergencies, which left serious mental health consequences. Through her own experiences, Luan became passionate about caring for the whole person, as well as the vital role of the faith community in cultivating welcoming, informed, and supportive environments for people with mental health challenges. Through launching a mental health ministry in her local church, she was led to complete a Master of Social Work with a special interest in faith and mental health integration. She went on to lead a large Care & Recovery ministry and has a heart for pastoral care and counsel. Luan remains active in the mental health community, volunteering with NAMI and the Children's Hospital of Orange County. Luan married her college sweetheart, and they cherish life together with their two daughters.

Brooke Thompson is a certified Master Holy Yoga Instructor since 2012. She is also certified in Trauma-Sensitive & Kids yoga.

She is so grateful to provide safe spaces for woman to nourish their body, mind & soul through Scripture meditation, breath work & movement. She lives and teaches in Ladera Ranch, California with her husband and three daughters.



Brooke Thompson

M-HYI

Session & Workshop Speaker

HBT Staff



David Mandani, LCSW, MSW, MATS

Director

Content & Church Outreach

David Mandani is a licensed clinical social worker with more than 20 years of clinical expertise and executive leadership experience across nonprofit, faith-based, and behavioral health settings. He has trained and spoken nationally and internationally on mental health, ministry, and recovery. David previously served as Pastor of Mental Health at Saddleback Church, where he helped launch initiatives supporting individuals and families impacted by mental illness and trained church leaders. He has also served as adjunct faculty at two Christian universities, teaching the integration of Christian faith and clinical mental health practice. David joined Hope for Brighter Tomorrows in 2025 as Director of Content and Church Outreach, where he leads the development of resources that integrate Scriptural truth with evidence-based practices from psychology and neuroscience. Through this work, he seeks to equip churches with practical, theologically grounded tools to effectively support individuals and families impacted by mental health challenges. Diagnosed with schizophrenia at age 18, David is passionate about sharing the HOPE he has found in Jesus Christ. He is married and has two children in college. His family is also blessed by Roxy, their Australian Shepherd/Poodle mix.

With more than 30 years of professional experience across corporate and nonprofit environments, Erin Berriman is a seasoned leader with a strong background in fundraising, grant writing, community outreach, project management, and operations. For the past 15 years, she has worked primarily in the nonprofit sector, including leadership roles with a national Christian ministry supporting families, most recently serving as Director of Operations and Integration for its Visual Media Department. Known for her attention to detail, collaborative leadership, and ability to translate strategic goals into measurable results, Erin joined Hope for Brighter Tomorrows in 2024 as Director of Programs and Operations, where she continues to use her experience to positively impact the organization and the families it serves. Erin has been married to her husband, Mark, for more than 33 years and is grateful for their three children and four grandchildren. Outside of work, she enjoys spending time with family and friends, biking, reading, and watching movies.



Erin Berriman

Director

Programs & Operations

HBT Staff



Hayley Sackett
Executive Assistant to
Kay Warren & Kelly Rosati

Hayley Sackett began her Christian ministry journey in Durban, South Africa, after earning a Bachelor's degree in Geological Sciences and serving in administrative and leadership roles within the church. She later immigrated to the U.S. to become Discipleship Director and later Operations Manager at a church in Schenectady, NY, while earning her Master of Arts in Christian Studies. After relocating to Southern California, Hayley transitioned into the corporate world, where she strengthened her administrative and management skills in the construction industry while remaining active in church ministry and completing her master's degree. In February 2024, she joined Hope for Brighter Tomorrows as Executive Assistant to Kay Warren and Kelly Rosati, combining her ministry and corporate experience to support the organization's mission. Hayley and her husband, Clark, have been married for 10 years, and she is grateful to have all of her immediate family living in the US. She loves reading, and spending time with her husband and fur-babies.

Meredith Reuter is a seasoned administrator with a passion for ministry and extensive experience across corporate, nonprofit, educational, and volunteer organizations. She earned a Bachelor of Arts in Business Administration from the University of California, Riverside and pursued graduate studies in Educational Administration at Auburn University. After beginning her career with Microsoft Corporation and later founding and operating a specialty education business, Meredith joined Hope for Brighter Tomorrows in September 2025 as Project Manager, where she uses her diverse experience to support the organization and the families it serves. She is also a Dyslexia Consultant who has spoken to students and parents about identification and intervention and is a retired Therapy Dog Handler. Meredith attends Saddleback Church, has been married to her husband, C.J., for more than 27 years, and is the proud mother of a son and identical twin daughters. In her free time, she enjoys reading, yoga sculpt, crafting, and spending time with family and friends.



Meredith Reuter
Project Manager

HBT Staff



Christy Weissmann

BREATHE

Alumni Mom Coordinator

Christy has spent decades navigating the mental health system as both a mother and a dedicated advocate for other families, drawing from her firsthand experience with her own child to understand the challenges, heartache, and hope that accompany the journey. Deeply involved in the mental health community, she is committed to ensuring families feel supported, equipped, and never alone while working to reduce stigma, raise awareness, and help others find strength in their stories. Christy and her husband, Eric, have been married for 34 years and raised their four children in Orange County, California. They cherish time with their grandchildren and find peace and joy on the water aboard their sailboat.

