

HEALING OUR HEALERS

Retreat for Healthcare Providers

SEPTEMBER 9-10, 2022 (overnight retreat)

Nourish your mind-body-spirit with activities designed for stress reduction, personal restoration, harmonious relationships, and daily life balance.

Self-care is never a selfish act. It is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.

~Parker Palmer

When It's Just TOO MUCH

- ◆ Find your grounding amid the demands and the chaos
- ◆ Tend to pressing problems with grace and boundaries in place
- ◆ Lighten the weight of responsibility that is not your own
- ◆ Learn to embrace the discrepancies between personal and occupational values

Practices That Will Sustain Us

- ◆ Connect with—and attend to—the heart of the matter(s)
- ◆ Establish a healthy pace in the rapidly changing environment
- ◆ Break patterns of heavy-heartedness and restlessness
- ◆ Deepen the call and purpose of your work and your life

facilitated by
Jessica Del Pozo, Ph.D. & Colleen Gregg, MA



Begins: Friday, September 9th (*dinner at 5:15pm*)

Ends: Saturday, September 10th at 4:00pm (*meals included*)

Cost: \$150 (*\$75 non-refundable deposit required*)

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Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card # _____

Cost: \$150 (*\$75 non-refundable deposit required*) Visa Mastercard Amex Exp. Date _____ CID _____



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ▪ 530-887-2019
You may also call with a credit card number or register online at www.mercycenter.org