

THE ANAM CARA CENTER INVITES YOU TO A SPECIAL WORKSHOP:

CARE FOR THE CAREGIVER RETREAT

FOR PROFESSIONAL AND
IN-HOME CAREGIVERS

SEPTEMBER 26, 27 AND 28

AT PEACE HOUSE, 543 N. MOUNTAIN
STREET, ASHLAND, OR

- EXAMINE THE THREE STAGES OF PERSONAL BURN-OUT
- ASSESS SPIRITUAL HEALTH
- EXPLORE COMPASSION, FATIGUE, AND HEALING FROM GRIEF AND LOSS
- LEARN THE MEANING OF THE ANAM CARA OR SOUL FRIEND
- EXPERIENCE POETRY AS MEDICINE FOR YOU AND THOSE YOU CARE FOR

HERE IS A UNIQUE OPPORTUNITY FOR YOU TO DISCOVER NEW WAYS TO REGENERATE AND MAINTAIN BOUNDARIES, WHILE DEEPENING PERSONAL GROWTH, JOY AND CELEBRATION!

YOUR FACILITATORS ARE:



ELIZABETH V. HALLETT
DIRECTOR OF THE ANAM CARA CENTER
SENIOR CARE SPECIALIST



SHERRY ZYSK, PHD.,
PSYCHOLOGIST, COACH AND
NATURAL HEALER



ROBERT MCDOWELL, MA,
POET, TEACHER AND NARRATIVE HEALER

**COST \$135./ EARLY-BIRD
\$120. WORKSHOP MANUAL
INCLUDED. TO REGISTER,
CONTACT ELIZABETH AT
541-292-2106 OR**

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www.anamcaracenter.org

