

RENEWAL RETREATS

FOR SOCIAL WORKERS, MARRIAGE AND FAMILY THERAPISTS
AND MENTAL HEALTH COUNSELORS

JULY 20-21
or **OCT. 5-6**

Enjoy two days of natural peace and cozy comforts at Harmony Hill, 90 minutes from SeaTac airport, overlooking Hood Canal and the Olympic Mountains.

TUITION & FEES
WITH 11.5 CEUs

\$350 double occupancy
\$425 single occupancy

Includes one-night accommodations and meals.

EXPERT FACULTY

JULY 20-21
Linda Covert, RN
Chris Adams, MD

OCTOBER 5-6
Linda Covert, RN
Chris Adams, MD

Denise Carrico,
Integral Yoga Instructor

CONNECT, LEARN & RENEW

Your two-day retreat will restore, rejuvenate and connect you with a community of caring peers. Learn self-care strategies for resilience; tips to integrate mindfulness into your busy life; explore trauma stewardship and social justice issues; and reconnect with your passion to prevent compassion fatigue. Integrated activities include circle sharing, journaling, expressive arts, yoga, meditation and nature walks to increase your mind-body-spirit connection. Perfect to share with friends and team members.

SIGN UP NOW

Phone: 360.898.2363 x26

Email: healthprof@harmonyhill.org

Register at our website:

www.harmonyhill.org/health-professional/

*CEU's approved through the National Association of Social Workers - Washington Chapter, Provider #1975-437