

**Embracing the Moment – Nourishing the Healer
A Mindfulness Practice Retreat
For Helping Professionals
Sponsored by Redding Regional CAMFT**

Friday, November 8, 2013

In our increasingly troubled world, we helping professionals face unique challenges, often characterized by overwhelm and despair. In response to the daily demands of our work, the need for self-care takes on new dimensions. We must find ways to nourish ourselves that are both fundamental and consistent.

Participants in this event will have an opportunity to take time away from the hectic pace of daily life, to learn about, and experience, mindfulness practices, taking everyday acts and transforming them into nourishment. The day will be an interweaving of silence, contemplation, sharing and poetry.

This retreat is sponsored by Redding CAMFT and open to all helping professionals.

Where: The McConnell Foundation, Lema Ranch, 800 Shasta View Drive, Redding

When: Friday, November 8th. 8:30 a.m. – 4 p.m. Program begins at 9:00. Come early to begin settling in for the day.

*Cost: **CAMFT members (Redding Regional Chapter):** Licensed (LMFT, LCSW)-\$75, includes 6 CEUs; Interns-\$60, Students-\$50.*

***Non-members:** Licensed(LMFT, LCSW)-\$100, includes 6 CEUs; Interns-\$85, Students & others- \$75. All registrations include a vegetarian Asian inspired lunch.*

FACILITATORS

Alexa Singer-Telles, LMFT is a licensed psychotherapist and long-time meditation practitioner who finds great benefit in mindfulness in both her personal and professional life. She is a founding member of the River Oak Sangha in Redding and teaches workshops in mindfulness, creative art expression, and the use of stories and mythology in psychotherapy.

Jo-ann Rosen, LMFT, from Ukiah CA, is a licensed psychotherapist and Dharma Teacher in the engaged Buddhist tradition of Zen master Thich Nhat Hanh. She offers workshops in communication and staff development in numerous public settings, both locally and internationally.

For More Information, please contact Alexa Singer-Telles at alexasingertelles@yahoo.com or call 530-246-8317. To register, fill out the enclosed registration form and mail to: Redding CAMFT at P.O. Box 990003, Redding, CA 96099 or visit the RRC website at www.rccamft.org to register online.

TO REGISTER: ONLINE AT WWW.RRCCAMFT.ORG; OR FILL OUT THE REGISTRATION FORM AND MAIL.

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REGISTRATION FORM

Name: _____
(Please print as you want your name on your Certificate of Completion)

Profession or Title: _____ Lic. # _____

Mailing Address: _____

City: _____ State: _____

Zip: _____ Lic. Exp. Date: _____

Contact Phone (____) _____

E-Mail: _____

**Please enclose full payment with registration form. Check method of payment.
Fee Schedule:**

RRCCAMFT MEMBERS: LMFTs, LCSWs (with CEUs) \$75; Interns \$60; Students \$50
Non-Members: LMFTs, LCSWs (with CEUs) \$100; Interns \$85; Students & others: \$75

___ Check for \$ _____ Please make payable to: RRC-CAMFT

___ Charge the amount of \$ _____ to my ___ MasterCard ___ Visa

Card No: _____ Exp. Date: _____
(Please enter all raised numbers)

Name as it appears on Card: _____

Signature: _____

**MAIL TO: RRC/CAMFT
PO Box 990003
Redding, CA 96099**

Please register early and arrive before the scheduled start time. Space is limited. Registrants canceling up to 72 hours before the workshop will receive a tuition refund less a \$25.00 administrative fee. No refund for less than 72 hours cancellation. A \$25.00 service charge applies to each returned check.