



Hope and Healing: Time for Self-Care and Renewal

May 10 @ 5:00 pm - May 11 @ 4:00 pm \$210

Calling all women of all ages! Join us Friday and Saturday of Mother's Day weekend for a fun, nurturing, 24-hour retreat—a chance to recharge physically and spiritually, leaving you renewed and refreshed. ***It's perfect for mothers and daughters, friends and relatives from far and near, and anyone who needs time for self-care and healing***—if only from the frenetic pace of busy lives.

Your getaway begins with dinner on Friday evening, followed by an opening presentation on Hope by Ginny Blass, and then free time to enjoy a movie or simply relax.

On Saturday, dress as comfortably as you like and begin your day with an optional guided meditation and a delicious breakfast, followed by Ginny's conference on Healing. The retreat continues to nurture you, body and soul, as you may choose up to three workshops throughout the day—allowing plenty of time for individual reflection, small group sharing, and even a nap if the spirit moves you.

Workshops include Bio-Spiritual Focusing, a Quilling Workshop, a silver-sneakers workout, a Reiki session (20 minutes), chair massage (20 minutes), individual counseling, one-on-one spiritual companionship, and an outdoor activity. And, of course, a healthy lunch and healthy snacks will keep you well-fed and energized for a full day of heavy-duty pampering!

By closing time, you'll be renewed and refreshed, ready to resume your busy life, knowing that doing something wonderful for yourself enables you to do wonderful things for others!

Join us—and bring a friend!

Register for this retreat using this form or call (860) 677-8519.

Name

Address

City State Zip

Email

Phone

Parish

Parish Town

COVID-19

We strongly urge all persons to be vaccinated against COVID-19 before attending in-person retreats and programs at OLC.

Special Needs

In order to attend overnight events at Our Lady of Calvary, you must be capable of independently carrying out your activities of daily living including taking your own medication. We will not dispense medication.

While we respect individual food/diet choices, only reasonable accommodation can be made for medically prescribed diets.

Accommodations

- Single Room
- Double Room
- Triple Room

Roomates

Special Physical Needs

Special Dietary Needs

Workshop Choices (Choose up to three, Reiki and Chair massage count for one each)

- BioSpiritual Focusing
- Quilling Workshop
- Gentle Movement Workout
- Individual Counseling Session with a Licensed Counselor (1 hour)
- One-on-one Spiritual Companionship Session with a Certified Spiritual Director (1 hour)
- Reiki Session (20 minutes - \$25 extra charge)
- Chair Massage (20 minutes - \$25 extra charge)

Total Amount Owed

Hope and Healing Retreat - \$210

Extra Charges

Total Charge

Please enclose a check for the total amount owed.