



Julie Bergen is a CASC certified Spiritual Care Practitioner and Supervisor-Educator with experience in the provision of spiritual care in acute care and long-term care settings.

Currently, Julie facilitates the Clinical Pastoral Education program at St. Paul's Hospital in Saskatoon, SK. Julie is trained in Social Work and has worked with individuals impacted by domestic violence, homelessness and affordable housing, youth care, parenting support, and volunteer recruitment and training. Julie is ordained with Mennonite Church Saskatchewan. She and her partner, Matthew, parent their daughter, Nora, and son, Emmett.



A sacred place to nourish your mind
and nurture your spirit through:

- ♦ Ecumenical Encounter & Prayer
- ♦ Silent Retreats & Spiritual Direction
- ♦ Contemplation & Meditation
- ♦ Healing Retreats & Workshops
- ♦ Spiritual Exploration & Engagement
- ♦ 12-Steps Retreats & Gatherings
- ♦ Solitude and Private Retreats
- ♦ Yoga, Reiki & Holistic Practices
- ♦ Art & Iconography
- ♦ First Nations Spirituality & Encounter
- ♦ Community, Celebration, Worship



Foundations of Spiritual Companionship

AN INTRODUCTORY TRAINING PROGRAM

**Thursday evenings,
March 4, 11, 18 & 25
6:30 - 8:30 p.m. CST**

AN ONLINE SERIES



Julie Bergen M.T.S., CSE



Foundations of Spiritual Companionship

AN INTRODUCTORY TRAINING PROGRAM FOR THOSE WANTING TO BE A COMPASSIONATE PRESENCE WITH OTHERS

This four-session program provides an opportunity to develop your skills in listening and spiritual companionship. Learn how to walk alongside others on their journey, supporting them through your listening presence.



Photo by Akshar Dave on Unsplash



This inter-faith program is for those who wish to volunteer in the community, provide care within their faith-group, or further develop their supportive presence with those they encounter. This interactive training will provide skills, discussion, and small-group interaction as we practice active listening, attend to feelings, and focus on providing a compassionate presence to others.



Photo by Chris Montgomery on Unsplash

**Thursday evenings,
March 4, 11, 18 & 25
6:30 - 8:30 p.m. CST**

Cost: \$80 for four sessions

Recordings of the main presentation of each session will be available to anyone who is unable to attend all four sessions.

An online event offered through Zoom

A minimum of 9 participants are needed to offer this program.

Registration deadline: **March 1.**

Registration Details

There are two registration options:

- Visit our website: http://www.queenshouse.org/?page_id=4399

Participants can now register and pay online!

OR

- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

Queen's House Retreat & Renewal Centre
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:
www.queenshouse.org