

Care of the Spirit for the Spirit who Cares

SOUL CARE FOR HELPING PROFESSIONALS

with Karen Scott Barss RPN, MA

Dates: Saturday April 6

Time: 9:30 a.m. – 3:30 p.m.

Cost: \$60 includes lunch; \$50 bring your own lunch

Registration deadline: April 1

Detail: This day of self-care offers participants the opportunity to pause and tend to their current spiritual needs, while affirming and mobilizing their spiritual strengths. Drawing upon the facilitator's 'T.R.U.S.T. Affirmation for Inclusive Spiritual Care', participants will be invited to explore the following domains of their choice: 'Traditions and Practices'; 'Reconciliation'; 'Understandings'; 'Searching'; 'Teachers'. Related reflection (both in community and solitude) may foster experiential learning that informs participants' professional practice in addition to promoting their personal well-being.

This day retreat will be of interest to a wide range of helping professionals, particularly those who practice from a holistic perspective that integrates attention to the spiritual dimension of health and healing, including spiritual companions/directors, spiritual care providers, counsellors, and health care professionals.

Presenter: Karen Scott Barss RPN, MA is a spiritual companion and nurse educator whose retreat work primarily addresses the spiritual needs of those caring for others. She is a graduate of the Prairie Jubilee Program for Spiritual Direction and holds a Master of Arts in Integrative Studies (Spirituality & Health). She is passionate about supporting individuals' holistic discernment of spiritual practices and resources most in keeping with their current needs, convictions and worldview.

To register please call Queen's House, 306-242-1916 or email receptionist@queenshouse.org