

# Healing Loss

A Residential Workshop for Montefiore Associates

Mar 6-8, 2024

Jun 5-7, 2024

Oct 16-18, 2024

**Stony Point Center, Stony Point, NY**

## Caring for the caregiver...

Many of us serve as caregivers, both in our work with patients and in our own families. Caregiving has profound effects on our lives, and can bring stress and other emotional burdens when we lose people we care for. The burden of loss can become even heavier when we do not have the opportunity to take care of ourselves.

For many of us, the stresses and burdens of caregiving have only increased during the COVID-19 pandemic. This workshop will provide a safe, supportive, and nurturing space for Montefiore providers and staff to relieve stress, begin to grieve and heal our losses, and learn new ways to better care for ourselves.

## Facilities

The workshop takes place at a private retreat venue where participants are surrounded by the beauty of nature. All meals and accommodations are provided at no cost. Participants sleep at the retreat center Wednesday and Thursday nights. Transportation to and from the center is provided for those who need it.

## Registration

Workshops are limited to 20 participants and registration is required. Please note that COVID-19 vaccination is required for participation. Applications are available online at:

[www.montefiore.org/healingloss](http://www.montefiore.org/healingloss)

## Continuing Education

For 3-day workshops, 24 CME or CEU credits are available to physicians, nurses, psychologists, and social workers.

**Participation is free of charge and open to all Montefiore associates, clinical & non-clinical.**

This powerful 3-day residential workshop presents an experiential and educational program led by a team of experienced facilitators.

To learn more, please contact Dr. Peter Selwyn: [pselwyn@montefiore.org](mailto:pselwyn@montefiore.org) | (718) 920-8434

Presented by Montefiore Healing Arts Program and Human Resources.

**Montefiore**  
HEALING ARTS