

Healing Loss

A Workshop for Montefiore Associates

October 12-14, 2022

March 8-10, 2023

Many of us serve as caregivers, both in our work with patients and in our own families. Caregiving can have a profound effect on our personal and professional lives and can bring love and gratification. It also can bring stress and other emotional burdens, especially if we do not have the opportunity to take care of ourselves and can bring grief when we lose people we care for. The stresses and burdens of caregiving have only increased for many of us during the Covid pandemic. Over the past year, many have experienced ongoing grief and loss and have not had time or space to begin to grieve and heal. 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 better care for ourselves.

The Montefiore Healing Arts Program and Human Resources are pleased to offer Healing Loss, a 3-day residential workshop at a nearby retreat center. All Montefiore associates are welcome!

- A powerful experiential and educational program providing participants with the opportunity to identify and work through some of the losses, grief and changes that often occur in caregivers' lives, both personal and professional
- Led by experienced facilitators in a safe, supportive, and confidential setting
- Offers ways to release some of the emotional 'baggage' and 'unfinished business' that can get in the way of our being truly present for ourselves and others
- Participants will leave with new tools for self-care and healing to help build resilience when facing stress in the future

Dates (Wed.-Fri.): October 12-14, 2022; March 8-10, 2023

Location: Stony Point Conference Center, Stony Point, NY

Facilities: All meals and sleeping accommodations are provided. Please note that participants sleep at the retreat center Wednesday and Thursday nights. Transportation to and from the center is provided for those who need it.

Participants: All Montefiore associates are welcome, both clinical and non-clinical

Cost: This workshop is free of charge to participants

Covid-19 vaccination is required for participation

This workshop is limited to 20 participants and registration is required. 24 Nursing and Social Work CEU credits are available. 24 CME credits are available for physicians.

Applications are available at www.montefiore.org/healingloss

To learn more, please contact Dr. Peter Selwyn at pselwyn@montefiore.org
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