

SOMETIMES WHEN
THINGS ARE
FALLING APART,
THEY MAY
ACTUALLY BE
FALLING INTO
PLACE

*Falling Apart
An Invitation...*



Program Sponsor
MERCY CENTER AUBURN



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Auburn, CA 95603
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www.mercycenter.org

Workshops & Retreats for
Persons in Healthcare

- ◆ Patients
- ◆ Nurses, Physicians & Social Workers
- ◆ Caregivers
- ◆ Family Members
- ◆ Other



Why the Invitation?

Patients and healthcare providers are among the most courageous people in our midst. They are teachers of grace who show us how to live in, with and through pain and suffering.

Everyone will be called to be a caregiver and a patient at some stage in life. And the better prepared one is for this reality, the more likely one will have deeply meaningful and life-giving experiences.

Part of the journey through illness and caregiving is the reality of the need to *fall apart*. And some ways of falling apart serve us better than others. Because we are people of great endurance and resilience, falling apart is not something we willingly surrender to.

Perhaps the ideal setting for falling apart would be in the presence of someone who can hold us while we fall apart in a surrounding that is both safe and sacred.

The goal of Mercy Center's programs is to create a healthy balance for all who find themselves in the grips of painful circumstances, integrating the art of *falling apart* as a necessary and healing component of self-care.

“ IT MAY SEEM UNFAIR THAT, AS WE GO THROUGH LIFE, WE DO NOT START GETTING IT TOGETHER UNTIL WE START FALLING APART.”

James Finley, Ph.D.

Attendance Suggestions

Attendees can include any specific group—patients, nurses, physicians, social workers, caregivers, family members, or multiple health field associations or organizations.

Our presenters are skilled in various fields. All of our workshops and retreats are custom designed to meet your group's needs and objectives. We offer facilitation for groups numbering 5 to 50.

The Program Invites...

Meaningful Considerations

Have I tended my own vulnerabilities, paralysis (while going through the motions), exhaustion, emotional realities, inner dilemmas?

Meaningful Outcomes

Permission to give expression to my vulnerabilities, emotions; letting go of what I cannot control; integrating the balance of harmony amid the chaos.



Retreat/Program Options

Our programs can be scheduled at your place of work or at a retreat/conference center away from your daily routine.

- ◆ Half- or Full-day workshop/retreat
- ◆ Weekend or Series of 2 or more days

(cost based on timeframe and number of participants)

For information call Colleen Gregg at 530-887-2019 or email us at info@mercycenter.org