

HEALING AND WHOLENESS

“ATTITUDE OF GRATITUDE AS THANKSGIVING”

Presented by Tom Gorham, M.A., CADCI,
Sabrina Bolus, MATS & Jane Weinapple, L.A.C.
November 23-25, 2018

During the holiday season we can become overwhelmed with stress and forget why we celebrate these special days. Sometimes we can dread them altogether because of past traumatic experiences. At this retreat we will explore the challenges that get in the way of our joyful celebration and find ways to get into the true spirit for which the holidays were designed. We will engage in large and small group discussions and other healing exercises.

PRESENTERS:



Tom Gorham, M.A., CADCI, has worked with individuals suffering from substance use disorders and trauma for almost 20 years. He is a licensed Marriage and Family therapist and a state Certified Drug and Alcohol Counselor. He has worked with people with trauma filled backgrounds and works with inmates in State Prisons to turn their lives around. He has been presenting at San Damiano for almost 10 years and is the Executive Director of Options Recovery Services located in Berkeley, Oakland and San Quentin Prison.



Sabrina Bolus, MATS, an Interfaith Chaplain, has been a companion to people on spiritual journeys, and those undergoing difficulties in their lives as they work toward discovering or rediscovering life's purpose. She has a Masters of Theological Studies, completed Clinical Pastoral Education, and is a trained

Spiritual Director. Sabrina serves as a Chaplain at Options Recovery Services in Berkeley and Oakland, and is pursuing a Masters of Marriage and Family Therapy with a specialty in Transpersonal Psychology.



Jane Weinapple, L.A.C., graduated from the American College of Traditional Chinese Medicine and became a licensed acupuncturist nationally and in California in 1995. She has had a private practice in Berkeley since then, working with people to improve their health. In 1996, Jane expanded her work with acupuncture to

include working with addictions. Besides her private practice, Jane is the staff acupuncturist for Options Recovery Services in Berkeley.

REGISTRATION:

Registration begins at 4:00 pm - 6:30 pm, Social at 6:00 pm, Dinner at 7:00 pm. First Session at 8:00 pm. Concludes with lunch on Sunday.

COST:

\$245 for private room. \$215 per person for double occupancy. All bedrooms are non-smoking.

Registration online is available at www.sandamiano.org or call us at (925) 837-9141 to make your reservation by phone.

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

TO MAKE A RESERVATION:

Please send a check of \$50 deposit to:
San Damiano Retreat
P. O. Box 767
710 Highland Drive
Danville, California
94526-0767
Phone: (925) 837-9141
Fax: (925) 837-0522

SPECIAL NEEDS:

Please call us after you make your reservation for any retreats.

RESERVATION FORM HEALING AND WHOLENESS • NOVEMBER 23-25, 2018

NAME(S): _____

ADDRESS: _____

STREET

CITY

STATE

ZIP

EMAIL: _____

PHONE: _____

EMERGENCY CONTACT: _____

Phone: _____

PRIVATE ROOM(\$245) SHARED ROOM(\$215) WITH: _____

CREDIT CARD #: _____

EXP. DATE: _____

NAME ON CREDIT CARD: _____

CHARGE ALL DEPOSIT ONLY