Bernie Beach, R.N. has been a nurse for many years. Her dynamic and joyful presence is very engaging, inspiring and motivating. She understands, very clearly, the daily struggles of being a nurse and is a proponent of educating nurses about holistic self care.

Fred Cavaiani, LLP, LMFT, is a psychologist and marriage counselor who has presented many programs for nurses on meditation. He is on staff at Capuchin Retreat and presents many programs on helping people in all walks of life to deepen their own personal, spiritual and professional life.

Quotes on those who have heard Bernie and Fred speak”

“This was a very well-put-together program. I liked everything about it and it was a beautiful opportunity to enjoy God and ourselves. These evenings have been deeply encouraging and thought provoking. A breath of fresh air. The Capuchin Retreat is a refuge and safe place to be.” C. S.

“Very relaxing, informative and energizing.”

“This has been a quiet and peaceful moment. Very smooth, structured. Proud to be a nurse.”

“Fulfilling, held my interest all day.”

Date: Thursday, Aug 6, 2015
Time: 8:30 a.m. to 3:15 p.m.

Capuchin Retreat
62460 Mt Vernon Rd
Washington, MI 48094
(248) 651-4826
Nurses are the emotional and compassionate foundation of the Medical Profession. More so today than ever before nurses are challenged in their profession to do more with less time and where tasks are more important than compassionate caring. This becomes a daily and confronting challenge. Women and men become nurses to give care compassion.

It is the daily presence of nurses in a hospital and office setting that create a consistent atmosphere of healing care and compassion. Without nurses every hospital would absolutely fall apart. Reserve this date and come to Capuchin Retreat to be inspired, re-kindled and have a new sense of appreciation and affirmation for what you do.

Schedule:

8:30: Registration and Breakfast
9:00: The Meaning and Purpose of Being a Nurse
10:15: ☀ Reflective Break
10:30: The Importance of Meditation
11:40: ☀ Reflective Break and Walking the grounds
12:00: Lunch
1:00: Fundamentals of Living a Peaceful Life
2:00: ☀ Reflective Break
2:15: The Power of Disarming Compassion
3:15: Closing.

Purpose of Conference:
1. A day to rekindle your passion for nursing.
2. A day to come away and learn how to nurture yourself through meditation, reflection, and communication.
3. A day of relaxation.
4. A day of reflection and learning how to become internally quiet.
5. A day to look deep within yourself and embrace your pains and your joys and appreciate yourself more.
6. A day to learn and put into practice the basic fundamentals of living a profound and peaceful life in spite of your daily personal and professional struggles.

Cost: $80.00/person, includes breakfast and lunch in a peaceful and beautiful setting. To register, call 248 651-4826.

Capuchin Retreat is a ministry of the Province of St Joseph of the Capuchin Order

62460 Mt Vernon Rd
Washington, MI 48094

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