

The Compassion Caravan Project Launches at The Omega Institute Retreat



Omega Institute Non-Profit Retreat

OMEGA

150 Lake Drive
Rhinebeck, NY 12572
[877-944-2002](tel:877-944-2002) / [845-580-9049](tel:845-580-9049)

“Healing Nurses through Compassion and Self-Care”

5/12/2020 9 am to 7 pm and 5/13/2020 9 am to 4 pm

Recommended to arrive 5/11 PM, visit <https://www.eomega.org/>, then click VISIT and then SLEEP to view accommodation options. Divide the 5 day rate to get your daily rate.

Registration through The Omega Institute by phone [877.944.2002](tel:877.944.2002)

Organizing team: Maggie Brown, AHNA Philadelphia Area Chapter Co-Leader and Melissa Eddy AHNA Philadelphia Area Chapter member in conjunction with The Compassion Caravan. Use the Contact us page at www.CompassionCaravan.com for questions.

Tentative Schedule

May 11	Event/session
2:00 pm-8:00 pm	Check-in and networking
5:00 pm -6:00 pm	Introduction to Forest Therapy
6:00 pm Dinner	Self-Care Time/ Networking
May 12	Event/session
7:00-8:00	Self-Care Restorative Activity
	Yoga,
	Qigong,
	Meditation,
	Self-reflective Walk
	Introduction to Forest Therapy
8:00-9:00	Breakfast for early arrivals (i.e. May 11)
8:00-9:30	Check-in and Networking for New-Arrivals
9:30-9:45	Gathering of Kindred Spirits: Day 1 (Greeting, Intent, Overview of May 12, 13, etc)
9:45-10:30	Compassionate Listening Circles
10:30-10:45	Break
10:45-11:45	Keynote Forest Therapy: Listening to Our Roots
12-1:00	Lunch
1:00-3:00	Discovering Self-care Resources: Connecting An Expressive Arts Self-Reflection Experience
3:00-3:15	Break
3:15-5:15	An Expressive Arts Self-Reflection Experience (Cont) Unfolding with Joy
5:15-6:00	Self-care time
6:00 PM- 8:00 PM	Dinner followed by Honoring Florence Nightingale
May 13	Event/session
Schedule	
7:00 am-8:00 am	Yoga
	Qigong
	Meditation
	Self-reflective Walk
8:00-9:30	Breakfast for Overnight Omega Guests Check-in and Welcome for New-Arrivals

9:30-9:45	Gathering of Kindred Spirits: Day 2 (Review of Day 1, setting intent for Day 2)
9:45-10:45	Presentation: Moral Injury
10:45-11:00	Break
11:00-11:45	Compassion Circles
11:45-1:00	Lunch
1:00-1:45	Mobilizing Self-care Resources: (music, drumming)
1:45-2:30	Large group reflection
2:30-2:45	Manifesting Miracles

Presenters:

Dr. Helen Erickson PhD, RN, AHN-BC[®], FAAN

Margaret Erickson PhD, RN, CNS, APHN-BC

Linda Bark PhD, RN, MCC, NC-BC, NBC-HWC

These activities will be submitted to the American Holistic Nurses Association for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

