

**Greater Philadelphia Area Venue**

**5/15/2020 6:30 pm to 8:30 pm and 5/16/2020 8 am to 3:30 pm**

**Healing Nurses Through Compassion and Self-Care**

**St. Thomas' of Whitemarsh Campus**



<https://www.whitemarshlearning.org/>

7020 Camp Hill Road  
Fort Washington, PA 19034

Organizing team: Maggie Brown, AHNA Philadelphia Area Chapter Co-Leader, Barbara Abramek, AHNA Philadelphia Area Chapter Co-Leader, Amy Raphael E-RYT 200, RYT 500 Yoga Alliance Certified Instructor. These Philadelphia Area Chapter of The AHNA events are hosted in in conjunction with The Compassion Caravan. Use the Contact us page at [www.CompassionCaravan.com](http://www.CompassionCaravan.com) for questions.

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.

**Tentative Schedule**

<b>May 15</b>	Circles of Compassion Celebration with combined Silent Auction (6:30-8:30)
6:30-6:45	Welcome
6:45-7:30	Drumming

7:30-7:45	Break/ Silent Auction
7:45-8:15	Compassion Circle Celebration Guided Meditation with Native American Flute
8:15-8:30	Auction and Networking
<b>May 16</b>	
<b>7:00-7:30</b>	Check in for those joining the self-care sessions at 7:00-7:10 am; Others can check in starting at 7:15
7:15-8:00	<b>Self-care: Yoga</b>
	<b>Self-care: Meditation</b>
8:15-8:30	<b>Gathering of Kindred Spirits (Margaret Brown)</b> (Includes overview of the program)
8:30-9:15	<b>Compassionate Listening Circles</b>
9:15-9:45	Break
9:45-11:45	<b>Discovering Self-care Resources</b> <b>Connecting</b> <b>An Expressive Arts Self-Reflection Experience</b>
11:45-12:45	lunch
12:45-2:45	<b>Discovering Self-care Resources:</b> <b>An Expressive Arts Self-Reflection Experience (Continued)</b> <b>Unfolding with Joy</b>
2:45-3:15	break
3:15-3:30	Manifesting Miracles Declaration of Compassion

3:45 to 4:45      OPTIONAL Intro to Forest Therapy