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a home for the healing arts ... and most of all, a growing movement of hospitality and hope.*

... An Oasis for Women

Calendar of Events Fall 2009

WORKSHOPS: LIVING WITH INTENTION

What does it mean to live with intention? Our fall workshops and events will help you approach each day with purpose and self-awareness. Savor each moment of your one precious life!

*We are pleased to offer this exciting slate of events for fall. **We do request that you pre-register** by calling 253-572-3547 or emailing cplace@catherineplace.org. Catherine Place offers its workshops and events on a donation basis. Suggested amounts are presented as a guideline; please donate as you are able. No one is turned away for an inability to make a donation.*

Mind Over Chatter: The Proven Path to Getting Out of Your Own Way

Wednesday, Sept. 23, 6:00-8:30 p.m.

How do I become more aware of my self-defeating thoughts in order to challenge them and alter them into self-supporting thoughts? Learn the common types of chatter, what's at the root of these thoughts and how to transform them in order to bring about more positive, productive and intentional thoughts. Instructor: **Beth Buelow**. Suggested donation: \$20

Transforming Conflict: Fostering Non-Violence in Our Mind and Relationships

Friday, Oct. 2, 1:00-5:00 p.m.

Discuss and practice skills and principles drawn from such teachers as Dr. Marshall Rosenberg (*Nonviolent Communication*) and Byron Katie (*The Work*). We will examine how we may improve our communication, especially when in conflict. This is an educational workshop; each of us is both teacher and student in the process. Presented by **Joanna Cummings M.Ed., LMHC, NCC**. Suggested donation: \$40 (\$10/hr. - more or less as you are able).

Ready, Set, Go! Creating Goals That Inspire Action

Monday, Oct. 26, 6:30-8:00 p.m.

Time for change? Let's explore the development of goals and actions framed according to our core values and intention. Through personal exercises, group discussion and instruction, participants will gain tools for building a concrete, prioritized action plan. Instructor: **Beth Buelow**.

Self-Care for the Holidays and Beyond

Saturday, Nov. 14, 10:00 a.m.-12:00 p.m.

Busy women often neglect self-care, especially during the holidays when activities and demands seem to take even higher priority. Let's take time to remember the importance of year-round self-care! We'll explore everyday self-care techniques, discuss barriers that arise, and practice ways to incorporate self-care into our daily activities. Facilitator: **Beth Buelow**.

FACILITY USE FOR COMMUNITY GROUPS

Catherine Place welcomes groups to reserve the use of Catherine Place for their events, retreats and planning days. The main meeting area comfortably holds 20 people with three additional breakout rooms available for small groups. Contact us for guidelines, fees and scheduling information.

Catherine Place staff members and partners are also available to offer programs, workshops and retreats at YOUR site. We can work with you to design and present a program specific to your needs.

IN WOMEN'S WORDS BOOK CIRCLE

Join an informal community of women who like to read books by and about women! Participants are invited to read at least one chapter of the book(s) they're interested in and come ready to share thoughts, feelings and perspectives. This fall the circle will be co-convened by **Sherry Helmke and Laure Nichols**.

Women Healing Women: A Model of Hope for Oppressed Women Everywhere by Will Keepin, Ph.D. and Cynthia Brix, M. Div.

Tuesday, Sept. 15, 6:30-8:00 p.m.

Women Healing Women recounts the true story of MAHER, a center for battered women and children near Pune, India. Maher is an interfaith community that honors all religions and strongly repudiates caste distinctions.

All Your Worth: The Ultimate Lifetime Money Plan by Elizabeth Warren & Amelia Warren Tyagi

Tuesday, Oct. 20, 6:30-8:00 p.m.

Written by a mother-daughter team, this is a practical, hands-on exploration of money and a great way to help you get your finances in order.

The Middle of Everywhere: Helping Refugees Enter the American Community by Mary Pipher, Ph.D.

Tuesday, Nov. 17, 6:30-8:00 p.m.

The Middle of Everywhere helps us understand the struggles of refugees by sharing the stories of orphans from southern Sudan, survivors from Kosovo and families fleeing from Afghanistan and Vietnam as they arrive in the U.S.

HEALING ARTS / CREATIVE ARTS OPPORTUNITIES

Healing Touch: To Soothe and To Heal

Tuesday, Sept. 29, 6:00-8:00 p.m.

Healing Touch is a relaxing, nurturing energy therapy. Gentle touch assists in balancing your physical, mental, emotional and spiritual well-being. Join us for a group introduction to the process of Healing Touch and explore how the practice can reduce stress, decrease pain, deepen spiritual connection and create a sense of well-being. Instructor: **Wanda Buckner, EdD., CHTP**. Offered by donation.

Reflections: A Playful, Prayerful Journey Within

Saturday, Oct. 17, 9:30 a.m.-12:30 p.m.

Using the simple, but profound, artmaking forms of collage, poetry, and ritual, you will be invited on an adventure of discovery, exploring more deeply the mystery and beauty of who you are. No previous art experience necessary. Facilitator: **Paula Foreman**, spiritual director.

Reiki

Reiki is an ancient healing system that involves the transmission of the life force energy. It is simple, safe, and natural; and it promotes balancing and healing where it is most needed. Reiki is a gentle and non-invasive system, available to anyone who desires to work with it. Reiki attunements help one to open to the natural healing abilities that are inherent in every person. Instructor: **Marcia Marszalek, Reiki Master**

Reiki Level I Training

Sunday, Oct. 25, 10:00 a.m.-4:30 p.m.

Reiki Level II Training

Sunday, Nov. 8, 10:00 a.m.-3:00 p.m.

Advance registration is required for either Reiki training. Suggested donation is \$50 per training.

Individual Reiki Treatments

Private Reiki treatments are available on an appointment basis.

Yoga

A gentle yoga and stretching session is relaxing and fun, a respite in the midst of a busy week. Private or small group sessions are available by appointment. All levels are welcome - no prior yoga experience required. Guided by certified yoga instructor **Marcia Marszalek**. Offered by donation.



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Ongoing Opportunities Fall 2009

WomenSpirit Circle

Tuesdays, 10:30-11:30 a.m.

Through ritual, inspirational readings, poetry, and music, women share insights about life and the sacred. Participants are invited into deeper reflection and a renewed sense of their own goodness. Facilitators: **Joyce Roach and Peg Murphy.**

Inscape: Self-Discovery through Poetry and Prose

Tuesdays, 12:00-1:30 p.m. - Resumes Oct. 13

This group explores a variety of poets and poetry to discover how poetry heals, sustains, elevates and widens our perceptions of the world within and around us. You do not need to be a poet to attend - just be open to new ways of looking at life. Facilitator: **Kay Mullen**

Healing Touch

Tuesdays, 12:00-6:00 p.m. - By Appointment

Healing Touch is a relaxing, nurturing energy therapy. It is safe for all ages and works in harmony with standard medical care. **Wanda Buckner, Ed.D, CHTP.** Offered by donation.

LovingKindness Meditation

Wednesdays, 6:30-8:00 p.m. - Resumes Oct. 14

Each evening includes guided lovingkindness meditation and inspiration on cultivating love and compassion in spiritual practice and in daily life. This group is led by **Jude Rozhon** and offered by Dana donation.

Juntas en Transición - Together in Transition

Thursdays, Sept. 24 – Dec. 10, 10:00-11:30 a.m.

This group, offered in Spanish, is designed for Latina immigrants. The group provides opportunities for empowerment, community building and resource development. Topics include healthy relationships, safety, parenting, self-care, and community resources. Facilitators: **Marisol Melendez and Sara Irish.**

Reiki Share Circle

2nd Fridays: Sept. 11, Oct. 9, Nov. 13, 6:00-8:00 p.m.

The Reiki Circle is an opportunity to learn about this method and to personally experience it. In the circle each participant will receive a short Reiki session and take part in working with others under the guidance of Reiki Master **Marcia Marszalek.** Offered by donation.

Sisters at Seven Women's AA

Thursdays, 7:00-8:00 p.m.

Women share their experiences, challenges, strength, and hope as, through the 12 Steps and 12 Traditions of Alcoholics Anonymous, they make choices for happier and more effective living.

CONFIDENTIAL SUPPORT & ADVOCACY

Catherine Place provides hospitality, companionship, advocacy and education for women who desire support in moving forward in their lives. We offer confidential support to individuals working through stresses and transitions associated with loss, unemployment, violence and other significant life events. Please contact us at cplace@catherineplace.org or 253-572-3547. We look forward to welcoming you!

Peg Murphy, Executive Director

Judy Mladineo, Program Director