Catherine Place is many things to many women:
a gathering place ... a safe haven ... an urban center for personal and spiritual growth ...
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 2010

WORKSHOPS

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.*

ACT Against Violence Facilitator Training

Monday, Sept. 27, and Tuesday, Sept. 28, 9:30 a.m.–3:30 p.m. each day
ACT (Adults and Children Together Against Violence), is an early violence prevention project that focuses on adults who raise, care for, and teach children. *ACT* is geared for professionals, parents, adult and teen leaders, who are concerned about the impact of violence on young children and want to enhance the tools and skills needed to become competent, caring advocates and agents of change. Instructor: **Dorothy Anderson, Ed.D., LMHC.** Cost: $35 to cover materials.

Living Well with Chronic Conditions

Wednesdays, Oct. 13–Nov. 17, 10:00 a.m.–12:30 p.m.
Living Well is a six-week workshop, designed for adults who want to take charge of their ongoing health problems. Living Well teaches practical skills for living a healthy life. Chronic conditions include diabetes, arthritis, high blood pressure, depression, heart disease, chronic pain, fibromyalgia and others. **If you or someone you care for has one of these conditions, the Living Well with Chronic Conditions Workshop can help you take charge of your life.** The workshops are free, but space is limited. To register, call 253-572-3547 or email judym@catherineplace.org. For more information about the Living Well with Chronic Conditions Program, contact Barbara Myers at 253-798-3807. Sponsoring organizations for this series include Stanford University and the National Council on Aging.

LovingKindness Meditation Workshop

Saturday, Nov. 13, 1:00–4:00 p.m.
Treat yourself to something special this holiday season! Join **Jude Rozhon** as she teaches this traditional practice for cultivating love and compassion in spiritual practice and in daily life. This class will introduce lovingkindness meditation techniques, allow time for practicing the techniques during sitting and walking meditation sessions, as well as offer handouts for home inspiration. Suggested donation $25.

IN HER WORDS BOOK CIRCLE

Join an informal community of women who like to read books by and about women.
Meets 4th Tuesdays, 6:00–8:00 p.m.

Tuesday, Sept. 28: ***Grandmothers Counsel the World: Women Elders Offer Their Vision for Our Planet*** by Carol Schaefer
In the fall of 2004, 13 indigenous grandmothers from around the world gathered at a retreat center in upstate New York. Over three days, they formed "a global alliance of prayer, education and healing for our Mother Earth, all Her inhabitants, all the children, and for the next seven generations to come." *Grandmothers Counsel the World* collects the stories and visions of the 13 grandmothers, along with stories of other women elders. Join us for what promises to be a rich discsussion. Convened by **Phyllis Bjorkman**.

HEALING ARTS / CREATIVE ARTS OPPORTUNITIES

Experience SoulCollage®

Saturday, Sept. 25, 10:00 a.m.-2:00 p.m.

Explore the Winter Themes of darkness and light, endings, and germination through the SoulCollage process. SoulCollage® is an expressive arts process in which you create individual cards based on the various parts of yourself. During this workshop you will be selecting images to create your own cards and sharing those cards with others. You don't have to be an "artist" to benefit from this simple, fun, and powerful process. Join us! Instructor: **Mary Trukositz, MA, SoulCollage® Trained Facilitator.** Suggested donation $20.

Healing Arts Festival — Benefit for Catherine Place

Saturday, Oct. 30, 12:00–5:00 p.m. at the Tacoma Dominican Center, 935 Fawcett Avenue, Tacoma

Join us for an exploration of the healing arts.

- Attend workshops focused on enhancing your overall mind, body and spiritual health
- Participate in creative arts and crafts projects
- Learn about and/or experience body/energy work and healing arts
- Shop for unique artistic gifts

Suggested admission of $5 will benefit the Healing Arts Program at Catherine Place. For more information or to volunteer, please contact us at judym@catherineplace.org or 253-572-3547.

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. 3, 10:00 a.m.-5:00 p.m.

Reiki Level II Training

Sunday, Oct. 24, 10:00 a.m.-4:00 p.m.

Reiki Level III Training

Sunday, Nov. 7, 10:00 a.m.-3:00 p.m.

Advance registration is required for any Reiki tranining. Suggested donation is $50-$100 for Reiki I and Reiki II; $75-$150 for Reiki III training.

Holiday Photography and Gift Show

Saturday, Nov. 20, 11:00 a.m.-4:00 p.m.

Featuring original Photographic Note Cards, Prints and Specialty Gifts by Joyce Roach, op. Shop for holiday gifts in the peaceful surroundings of Catherine Place, delight in fine food and wonderful people and take part in a raffle for several beautiful gift baskets. Bring your friends to share in the fun! 15% of the proceeds go to support the work of Catherine Place!

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.

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Ongoing Opportunties Fall 2010

WomenSpirit Circle

Tuesdays, 10:30–11:30 a.m. — Resumes Sept. 14

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. 12

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.

Juntas en Transicion – Together in Transition

Date and Time TBD — Call Catherine Place for more information.

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**.

LovingKindness Meditation

Wednesdays, 6:30–8:00 p.m. — Resumes Sept. 22

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**.**

Reiki Share Circle

Fridays: Sept. 10, Oct. 1, Nov. 12, 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. Private Reiki treatments are available by appointment on Thursday afternoons and other days by previous arrangement. 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.

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.

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!

Catherine Place • 923 South 8th St., Tacoma, WA 98405 • 253-572-3547
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