

Western Doctors in Recovery 5th Annual Meeting  
February 21 – 24, 2019 / Paradise Point Resort, San Diego

Women's Retreat

Self Care in the Age of Overwhelm

*Bring: journal, pens, markers etc., for writing/drawing; old magazines and/or cut out images and photos for collage; mat or towel (if desired) for sitting outside.*

Joint Facilitators: Tracy Z. Jody R.
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**Thursday, February 21, 1:00 pm-4:00 pm Session 1**

- a) Serenity Prayer
- b) Introductions (*Leader intro*) Opening circle
- c) Intentions for the Retreat- Art/Collage Experience
- d) How do I define Self-Care? (*Brief leader intro*), Sharing Circle #1
- e) Outdoors Exercise A – Grounding and Being Present

**Thursday 4:30-6:30 pm Session 2**

- a) Serenity Prayer
- b) My Personal Journey at This Point in Time - Art/Collage Experience
- c) Connecting with/Embodying a Higher Power (*Brief leader intro*), Sharing Circle #2
- d) Outdoors Exercise B – Higher Power in Nature

**Thursday 7:00-8:00 pm** Dinner Break

**Thursday 8:30-9:30 pm Session 3**

- a) Serenity Prayer
- b) Centering Meditation, Sharing Circle #3

**Friday, February 22, 7:00 am-8:00 am**

Continental breakfast

Optional: 12 step meditation/sharing meeting (all are welcome)

**Friday 8:30 am-12:00 noon / Session 4**

- a) Serenity Prayer
- b) Finding Self-Care Allies and Support (*Brief leader intro*)- Journaling Experience
- c) Outdoors Exercise C – Listening to the Universe (Higher Power) as Our Guide to Self-Care
- d) Intentions Going Forward: Closing Circle
- e) Serenity Prayer

*Macintosh HD:Users:user:Google Drive (gailjara@gmail.com):CPPPH:\*Western Healthcare Professionals  
Group:\*Retreats:\*2019:Women's Retreat gbj 2019 program outline.docx*