

Announcement

**Join Us**

May 6- 7th, 2017

AzHTC-Tucson Women’s Retreat

Westward Look Resort, Tucson

Contact Laurel Pennick, 520-626-7494 [Lpennick@email.arizona.edu](mailto:Lpennick@email.arizona.edu)

Join us for a weekend made just for you.

Let Your Soul Free

be creative, have fun, relax, get to know,

and hang out with

The Wonderful Tucson Women’s Bleeding Disorder’s Community.

The maximum number of attendees for this year’s event is 20. First come first served. Rooms will likely be shared. We ask that only affected women or a direct caregiver of someone with a bleeding disorder apply. (Due to the limited space available, We reserved the right to restrict the number of women attending from one family.)

To Register please go to the Cascade Foundation of Southern Arizona Website

[www.cascadefoundationaz.org](http://www.cascadefoundationaz.org)

The Retreat will run from Mid Saturday Morning

To Sunday Noon.

**2017 Women’s Retreat Speakers**

***Biography***

**Pamela Dakota Gold, MA, LISAC, REAT, KMCC** Presenter-Saturday

Created Arts for the Heart Center in 1995 which specialized in using the arts to enable self-expression and to co-create clarity and solutions, honor lives, and build community in diverse settings. Since 1982 she has pioneered using the transformative power of creativity through the arts in treatment facilities, schools, conferences, workshops, community events and private practice. As a Nationally Registered Expressive Arts Therapist she has specialized in integrating expressive arts therapy in the addictions field and is also an AZ State Licensed Addictions Counselor. She is presently working part time at Cottonwood de Tucson Treatment Center integrating the use of the creative process as a treatment modality for the recovery of addictions and behavioral health disorders as well as developing her creativity coaching and SoulCollage® practice. In addition, Pamela Dakota is a Playback Theatre Practitioner/Artist and is known as the founder and creative director of the past Tucson Playback Theatre Troupe. She has also been a faculty member of ISIS (International School for Interdisciplinary Studies) Southwest Expressive Arts Therapy Training Institute affiliated with the European Graduate School in Switzerland. Her latest passions are offering Kaizen-Muse Creativity Coaching as a certified coach in a dynamic and fun process and offering SoulCollage® workshops and Gatherings. She also offers a free creativity support service called A.C.T., Accountable Creative Time, to encourage setting time aside to use creativity, make SoulCollage® cards or complete unfinished projects. Pamela Dakota exhibits a passion for using art, expressive arts therapy, creativity coaching, SoulCollage®, creativity and spontaneity because of continually witnessing the power of the arts to connect, express, create community, empower and heal. She lives in boththe Tucson desert and in Fredericksburg of the Texas Hill Country.

**Kathleen Kirk** Presenter-Sunday

Is a Certified Family Life Educator and Coach who

has lived in Tucson for over 30 years. Kathy has worked in the fields of Social Work, Substance Abuse, and Public Health and at the University and High School level.

Now in private practice as a Life Coach, she uses her many years of training to inspire and teach people how their thinking affects their success and happiness. Kathy uses appreciative inquiry and other unique approaches to help people reach their goals.

She uses her life as an example of how to work through difficult times and actively choose happiness and balance in life.

**Rosie Johnson** Yoga Instructor

I found yoga and meditation 24 years ago. Through my practice I have learned to release the things that do not serve me and I am on a personal journey of self discovery.  Yoga does not only offer physical benefits, but also peace, calm, patience, flexibility, stability and acceptance.  I made many positive changes in my life based on the principles of yoga and the ability to be mindful of living in the present moment. I am grateful for all the little soulful treasure I have found sitting right in front of me and those I find along the way in this journey called life!!

**Laurel J Pennick MSSW, LCSW-** Retreat Coordinator/Facilitator

It has been my pleasure to work with the Southern Arizona Bleeding Disorder Community for the past 11 yrs. During this time, aside from my work at the treatment center- AzHTC-Tucson, I have been able to create, coordinate and/or participate in community programs, retreats, education, camps, meetings and conferences. I have been able to represent the bleeding disorder community on a state and national basis. I have developed curriculum, written articles, published, sat on medical boards, participated in research and presented at state, national and world conferences. This never would have been possible had I not encountered this wonderful community. You have provided me with opportunities I never thought possible. You have inspired me to be a better me. Because of this, I will continue to give back, to be your advocate, your helper, your representative, your confidant. The psychosocial issues and mental health of our community is very important to me. You all are important to me and thus I will continue doing what I do. Many, many thanks to you all.

**2017 Women’s Retreat Registration**

In order to secure your space at the Tucson Women’s Retreat we ask that you please complete the application below by no later than April 19th 2017 . Attendance is limited to 20 participants. First come, first served. Rooms are double occupancy.

Please complete this registration form and email to: lpennick@uacc.arizona.edu

For more information please contact: Laurel Pennick LCSW, 520-626-7494, email: lpennick@uacc.arizona.edu

Please fill out all the blanks, Please complete by April 19th, 2017

Name/s of People Attending (due to limited space, the number of attendees from one family maybe limited)\*

Address:      City/zip

Phone:      email

I have a bleeding disorder

I am a direct caregiver/family member of someone with a bleeding disorder

Special Food Requests

I agree to share above information with the Cascade Foundation

I agree to let the Cascade Foundation of S .Arizona use my/family picture for publicity purposes.

I would prefer to be contacted by:

Email

Phone (due to security guidelines, text is not recommended)

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date

Registration is not an assurance of attendance. You will be notified by AZHTC to confirm attendance.