



FALL/WINTER 2022 SATURDAY RETREATS AT TACC

Holistic – Trauma Informed –
Spiritually Integrated



RETREAT LEADER

Meet Rev. Dorothea Lotze-Kola, Executive Director (TACC), ACPE Educator, Pastor, Licensed Marriage and Family Therapist, & Yoga teacher!



Training and Counseling Center at St. Luke's (98 Currier Street, Atlanta, GA 30308)

UPCOMING RETREATS

OCTOBER 22, 2022

Retreat for Clergy: Rejuvenating, Resting, Restoring

OCTOBER 29, 2022

Retreat for those grieving the loss of loved ones during the Pandemic: Reconnecting with self and the deceased, creative grieving and healing

NOVEMBER 5, 2022

Retreat for Care Providers: Healing: Compassion fatigue, Burnout, Secondary Trauma

NOVEMBER 12, 2022

Retreat for Medical Personnel: "What happened to me?" Living a secondary trauma conscious and healing life style

NOVEMBER 19, 2022

Retreat for Parents: Caring for self while caring for children. Healing post-traumatic stress in families after the Pandemic

DECEMBER 3, 2022

Retreat for Spiritual Leaders: Emerging from Desert Times: Spiritual Renewal, from Disorientation to New Orientation

Retreat elements: In a day long retreat participants will be focus on a particular theme, while all retreats will include elements of solitude, journaling, resting, mindfulness practices, yoga or stretching, meditation and creative expression. Participants can choose to be more private and receptive during the retreat or more participatory and engaged. Each retreat member will have a private room during the retreat. Lunch will be shared communally, while observing mindful silence. **The goal for each retreat** is the education of how trauma and grief impact our nervous system and how body and brain functioning change due to stress and trauma. Through resetting and balancing of our nervous system, healing and restoration become possible. **Follow up:** Retreat participants will take many impulses with them into their daily living and on their healing and recovery journey. If retreat members desire additional care, TACC offers counseling and various retreat offers as ongoing support options.



\$350 (Limited scholarships available, Lunch and Snacks included)



Call 404-876-6266 #2001



Each Retreat starts at 10am and ends at 5pm on Saturdays!