

MESF Mary Ellen Strong Foundation

strong spirit strong mind strong community

This retreat is a restorative experience designed to combat burnout and build community. The programming is facilitated by Black women from various healing backgrounds. This multigenerational group of professionals will provide ways to address physical health, emotional well being, spiritual depletion, disconnection and financial wellness. There will also be ample time to explore the beautiful, healing environment on your own. Chef Lachelle Cunningham will be on site to prepare meals and a 30-minute therapeutic massage is available upon request at no additional cost (sign up will be available during check in). The registration fee includes room, food, programming and a special welcome gift.

REGISTRATION FEES:

| | |
|-----------------|-----|
| QUEEN SUITE | 550 |
| FULL SUITE | 500 |
| TWIN (two beds) | 800 |

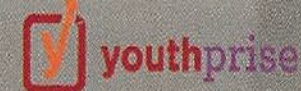
REGISTER AT:
maryellenstrongfoundation.org
WORKSHOP & EVENTS tab and
follow instructions. If you have any
questions please email
mesfretreat@gmail.com

SPACE IS LIMITED



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Nourish: Refuel, Replenish, Restore

The Mary Ellen Strong Foundation in partnership with Youthprise invites you to participate in this Provider Wellness Retreat. This retreat is designed specifically for Minnesota-based, African American women who are mental health providers.

Friday, October 8- Sunday, October 10, 2021 Victoria, MN



RETREAT AGENDA

FRIDAY (DAY 1)

ARRIVAL
SETTLE IN AND WANDER
WELCOME
DINNER
INTENTION SETTING CIRCLE

SATURDAY (DAY 2)*

GUIDED BODY MOVEMENT-BOOST
BREAKFAST
ME WELLNESS PLANNING
SELF DIRECTED WANDER
LUNCH
SELF DIRECTED WANDER
ART/WRITING REFLECTIONS
DINNER
HEALING CIRCLE
GUIDED MEDITATION-RELAX

SUNDAY (DAY 3)*

GUIDED BODY MOVEMENT-BOOST
BREAKFAST
SELF DIRECTED WANDER
LUNCH
CLOSING CEREMONY

**30 minute Therapeutic Massages will be available throughout the weekend. Sign up available during check-in.*

LOCATION

CHARLSON MEADOWS is a 142-acre Renewal Center in Victoria, Minnesota. The grounds host a variety of opportunities for self-directed healing and restoration. The property sits on two lakes and has numerous hiking trails, three labyrinths, a beach and a newly renovated lake house specifically designed for group retreats. Exhale will be the only program on the premises during the wellness retreat. For more information about the location check out their website:

<https://charlsonmeadows.org/>

ACCOMODATIONS

The Lake House has nine bedroom suites. Each suite has a private bathroom. FULL and QUEEN bed suites are available as private rooms. The TWIN suite has two beds which can be shared with another participant. Prices found on the back of this brochure.

DUE TO THE CULTURALLY SPECIFIC NATURE OF THIS EVENT, ONLY MENTAL HEALTH PROVIDERS WHO IDENTIFY AS BLACK/AFRICAN AMERICAN WOMEN ARE ELIGIBLE TO ATTEND THIS RETREAT.

MENU

All food and beverages for the weekend will be provided. The kitchen will be stocked with healthy foods and snacks to enjoy throughout the day and evening at your leisure. All snacks, meals and beverages provided are within the guidelines of the SMART Wellness Program. Chef Lachelle Cunningham will be on site throughout the weekend to prepare all meals. Please check out her website to find out more about her food philosophy and her expertise in combining nutrition with culture.

<https://www.lachellecunningham.com/>

DUE TO LIABILITY AND PROGRAM RESTRICTIONS ALCOHOL IS STRICTLY PROHIBITED. THE FACILITY REQUIRES THAT WE UPHOLD THEIR SMOKE FREE AND FREGRANCE FREE POLICY.

COVID GUIDELINES: WE WILL USE THE LATEST CDC RECOMMENDATIONS TO INFORM PARTICIPANT INSTRUCTIONS AND REQUIREMENTS. DETAILS WILL BE PROVIDED PRIOR TO THE EVENT.