



OP OPHELIA'S PLACE  
PRESENTS

# REGENERATE

A COMMUNITY CARE RETREAT

May 17-19

Camp Lutherwood  
on Highway 36, Cheshire OR

Mental health professionals, healthcare providers, educators, personal support workers, and other community helpers experience burnout, exhaustion, and secondary trauma because of the crucial support they provide. They often work extended hours, bear witness to loss and hardship, and care for the vulnerable all before caring for themselves.

This 3-day retreat will be a time of rest - to reconnect with the wider community of helpers, and to rediscover the calling that drew us to this work.



*Keynote Presenter*  
**Dr. Jacqui Wilkins**

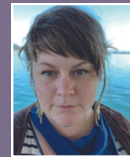
Dr. Jacqui Wilkins is a naturopathic doctor and plant medicine person with a passion for supporting folks in connecting with their medicine, ancestors, the land & stars for deep healing



**Cacao Ritual for Wellness**

*Patricia Cortez, MSW*

an experiential circle that includes Cacao ritual with integration of breath, sound, and movement



**Journaling for Meaning**

*Emily Baran, LCSW*

journaling workshop to connect with your values and sense of meaning individually and as a community



**Intuitive Painting**

*Jeannie Schwanekamp*

integrates creative expression, self-care, and connection with others. No artistic experience necessary



**Applied Improv: Helping the Helpers**

*Renee Van Norman*

play and explore how improv can support self-awareness, relationship skills, social awareness, & self-management

See the full workshop schedule  
at [OpheliasPlace.net/Regenerate](https://OpheliasPlace.net/Regenerate)

*A time of respite for those who help & heal.*

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