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**PRESENTERS:**

Alice Riley, LCSW, in private practice in Commerce City with children, teens and adults. She is originally from New York City and was a supervisor at Denver Human Services for eight years. She is a painter and has led several groups with child welfare caseworkers doing art therapy for resilience.

Audrey Goodman, BSN, Owner, Breath of Life Yoga; She has fifteen years of Critical Care experience and is registered with Yoga Teach and Yoga Alliance. 13635 E. 104th Street #600 Commerce City, CO. 80022 303-506-8868 [www.bolyoga.com](http://www.bolyoga.com)



PRESENTED BY

ALICE RILEY, LCSW  
ARTS AND INSIGHTS, LLC  
COMMERCE CITY, CO



[WWW.ALICERILEY.NET](http://WWW.ALICERILEY.NET)

720-505-1148

**SELF CARE  
RETREAT FOR  
THERAPISTS**

CREATIVITY  
MOTIVATION  
YOGA

SEPTEMBER 16, 2017  
THORNTON, CO



As a therapist or mental health professional, how often do you tell your clients that they need to take care of themselves? Then ask yourself: how often do I follow my own advice? Here is a chance to do something for you: Something

**CREATIVE  
INTELLECTUAL  
PHYSICAL**

A retreat with other professionals to recharge, focus on your needs, explore why you do this work, and where you want to go from here!

**Bonus: Giveaways and Schwag!**



**AGENDA**

- 9:30 check in, coffee, tea, light snack
- 10-12: Alice Riley—Art project—collage/paint/exploration
- 12:15: networking lunch (provided)
- 1: Self Care for Therapists Discussion and give-aways
- 2-3: Audrey Goodman—Restorative yoga and guided meditation
- 3-3:30: wrap up/sharing/processing

**PRICING**

Before July 15: \$120pp  
After July 15: \$140pp  
*Hurry! Space is limited!*

Location: Anythink Library—Wright Farms—South Room  
5877 E 120th Ave, Thornton, CO 80602  
Saturday September 16, 2017  
9:30am—3:30pm

**BRING**

- Yoga mat if you have one, will be provided, Towel
- Water bottle
- Wear comfortable clothing...
- And something that could get paint on /apron
- A personal quotation
- \*\*\*Business cards\*\*\*
- A willingness to let your stress go!

Payment can be  
Cash \_\_, Check \_\_  
or Paypal \_\_(ARileyLCSW@live.com)  
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