



A TOUGH GRACE:

Mental Illness as a Spiritual Path

SATURDAY APRIL 27, 2019

9:00 am –3:45 pm

Registration begins at 8 am.
Continental breakfast available from 8:20 to 8:50.

Limit 30 participants

Cost \$55

Come explore how the stigma and challenges of mental illness can be reframed in a positive, revolutionary way as a spiritual path!

This interactive workshop uses presentation, small group discussion, and reflection time to help participants explore their spiritual growth. Regardless of religious affiliation or beliefs, all persons who have experienced mental illness as well as family, friends, caregivers, and mental health service providers are welcome to participate. The day's activities will help participants meet the following objectives: 1) to reframe mental illness as a journey of challenge and hardship worthy of the highest esteem, 2) to reflect on the significance of mental illness as a sacred journey and of the growth opportunities inherent within that journey, and 3) to connect more deeply with their personal and joint stories.

Dr. Alice Holstein, Ed.D., holds a doctorate in Education from the University of Northern Colorado with an emphasis in Organization Development, which she has put to good use over the years in teaching, writing, community building, consulting, public speaking, and advocacy. Her own journey with manic depression in the 1990s shaped her decision to use her talents not only in supporting those with mental illness but also in advocating for a more positive understanding of and response to mental illness. Dr. Holstein is also a recent graduate of the Franciscan Spirituality Center's Spiritual Direction Preparation Program in LaCrosse, WI, and is pleased to add Spiritual Companionship services to her extensive body of professional experience. For more information on Dr. Holstein or to purchase copies of her books, please visit <http://www.aliceholstein.net>.