

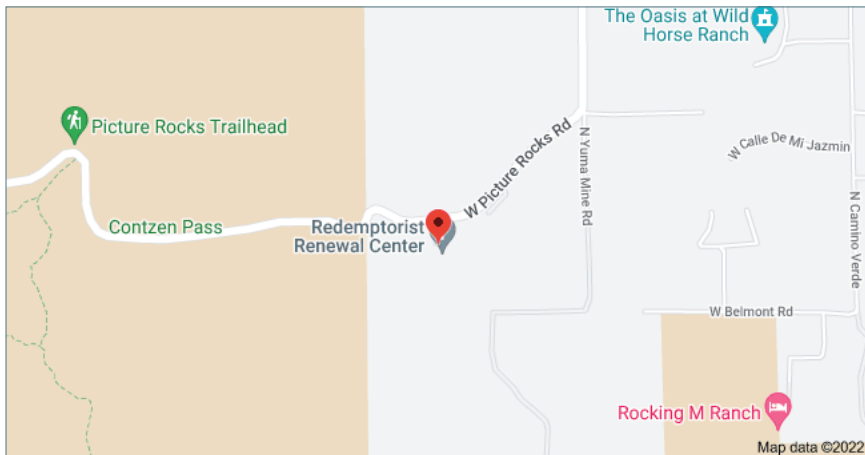
Redemptorist Renewal Center

7101 West Picture Rocks Road

Tucson, Arizona 85743

<http://desertrenewal.org> • (866) 737-5751

Situated in the foothills of the Tucson Mountains and the beautiful Sonoran Desert, on 120 acres that border the Saguaro National Park West, the Redemptorist Renewal Center at Picture Rocks is a spiritual life center that offers unique opportunities for solitude, reflection, prayer, and contemplative practice.



The breathtakingly beautiful Redemptorist Renewal Center campus is a place where one may listen to the voice of God and experience the healing and nourishing power of the Spirit.

Registration Information

To register, please contact Leann at newhavenhealing@gmail.com. Fees cover all room and board costs from arrival through departure; travel expenses are not included.

- \$875—Single Occupancy Room
- \$825—Double Occupancy Room

Fees are fully refundable through December 31, 2022; however, after December 31, 2022, payment can be transferred and/or used at a later date.

PEARLS OF WISDOM



Boundless Compassion: Self-Care for Healthcare Workers

Sunday through Thursday
January 29th – February 2nd 2023

Sunday	• 4:00PM to 7:00PM
Monday, Tuesday, & Wednesday	• 9:00AM to 4:00PM
Thursday	• 9:00AM to Noon

Leann Thrapp, RN, MA, CHPCA

(480) 773-4224 • newhavenhealing@gmail.com

<https://www.newhavenhealing.org>

Reconnecting caregivers to body, emotion, knowledge, and spirit using

- insights from theology, spirituality, sociology, and psychology
- quiet reflection time and small group dialogue
- four days devoted to renewal and deepening compassion for self and others

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Leann Thrapp

Leann Thrapp, RN, MA, CHPCA is a consultant, speaker, and end-of-life doula with experience in grief counseling and hospice care. She specializes in compassion and self-compassion as a way of life.

Since she kept vigil for a dying nursing home patient at age 16, Leann Thrapp has devoted her life to helping people develop naturally healthy attitudes towards death and dying, knowing

that this is the only way people can truly realize their full-potential for physical, mental, emotional, and spiritual health.

With more than 30 years of experience in medicine, specialized grief counseling, and hospice care, Leann understands how to help people deal with loss and turn the end of life into a life-enhancing experience.

Leann lives in Sun City West, Arizona.

Education and Training

- Boundless Compassion Certified Facilitator
- Certified Hospice & Palliative Care Administrator
- End-of-Life Doula
- Reiki Master/Teacher
- Opus Peace Ambassador
- Master of Arts, Organizational Management, University of Phoenix
- Bachelor of Science, Nursing, University of Phoenix

Boundless Compassion: Self-Care for Healthcare Workers

Healthcare professionals need to disconnect, in order to reconnect with body, emotion, knowledge, and spirit.

Is there a part of you that yearns to be “good enough” or “smart enough” or just plain “enough”? Do you sometimes feel disconnected from your own inner goodness and beauty? Learning to “feel” your helplessness is a start. Learn the Four Pearls of Wisdom that inspire deep soul searching and allow you to experience:

- nonjudgment with yourself
- nonviolence toward yourself
- forgiveness toward yourself and others
- greater mindfulness

Give the gift of self-care to yourself and/or your staff.

You are invited . . .

. . . to four days of reflection, rest, renewal, and connection with your deepest self at this retreat hosted by Boundless Compassion-certified facilitator Leann Thrapp, RN, MA, CHPCA.

The Boundless Compassion retreat is a four-day, transformative process developed by Joyce Rupp that explores the many-layered components of compassion, including compassion as a way of life, self-compassion, and compassion related to suffering. Join us to renew your own commitment to compassion—for yourself, co-workers, patients, and families and expand the capacity for compassion that first led you to your life’s work.