

# Join Us

Name

Phone

Email

Address

Roommate Name(s)

Check one choice for Session 1 &  
one choice for Session 2.

Session 1 Choice

Session 2 Choice

Selfcare

Power Your House

Positive Parenting

Mind Over Matter

It Is Well With My Soul

Registration Deadline  
February 21st

Please tear off & return completed form  
along with check made out to Seeds of  
Hope to 27 N. Main St. Shrewsbury, PA 17361.

## THE DETAILS

### Accommodations & Amenities

Overnight stay in Summit Grove Hotel Room  
with 4 beds & a connected bathroom

Breakfast & lunch

Evening Brush & Blush

2 daytime group sessions

Giveaways!

### Schedule

#### Friday Evening

6-7 | Registration and Check-in

7-7:30 | Opening Encouragement

7:30-8 | Get To Know Ya Icebreaker

8-9:30 | Brush & Blush (canvas painting)  
with Erin Seanz

10-10:30 | Relax & Stretch with Erika McKee  
11 | Bed

*All activities are optional.*

#### Saturday

7-8 | Breakfast

9-9:30 | Greeting & Encouragement

10-11:30 | Session 1

12-2:30 | Lunch, Shopping & Spa break with local  
vendors

2:30-4 | Session 2

4:30-5 | Closing & Giveaways

### Cost

4 women/room  
\$125 each

3 women/room  
\$135 each

2 women/room  
\$145 each

### Questions?

Contact Stacey Lewis at 717-586-7473

# WELLNESS RETREAT FOR WOMEN

THINK WELL  
FEEL WELL  
LIVE WELL  
REPEAT

Seeds of Hop

FEBRUARY  
28TH & 29TH

SUMMIT GROVE  
CAMPGROUND  
140 S FRONT ST,  
NEW FREEDOM, PA 17349

## SELFCARE

### USING YOUR CREATIVE BRAIN FOR RELAXATION

*Ashley Gavoni, Art Therapist at Seeds of Hope*

This session will focus on growing your connection with your inner self through a creative lens. We will discuss the importance of self-care & relaxation as well as ways to practice anytime, anywhere! You will get the opportunity to utilize art materials to create a self-care reminder to take home. Join us on a journey to relaxation!

## POWER YOUR HOUSE

*Erika, McKee, Wellness Instructor at Seeds of Hope*

This session will celebrate what your body can do! Learn how to use exercise, diet and the right mindset to become the best you. Learn to appreciate the body you were given. Session includes a 45 min. circuit workout with power thoughts & 15 min. cool down with stretching, plus a 30 min. nutritional info session with recipe book giveaway.

## POSITIVE MINDSETS = POSITIVE PARENTING

*Stacey Lewis, Child & Family Therapist at Seeds of Hope*

A session for Moms struggling with their teen/s--LOL, what Mom of teens doesn't struggle IRL? Learn how to evaluate your thought world to determine if you are positively parenting. Learn ways to rethink, reframe and redo negative interactions with your teen. Learn tips to help improve your communication and emotional relationship with your teen. Teens can be fun, IMHO, when you use the positive in you to see the positive in them!

## MIND OVER MATTER

*Becky Repp, Educational Therapist at Seeds of Hope  
Katrina Spencer, Child & Family Therapist at Seeds of Hope*

Do you realize your body is not in control of your mind? Your mind is in control and stronger than your body. Mind is for sure over matter. You are not a victim of your biology either. You cannot control the things that happen to you, but you can control how you respond with your mind. Many of us struggle with fixed mindsets. We get stuck in negative thought patterns, believing this is just how we are and we can't do certain things. We now know this isn't true! Our brains can be changed, or rewired. You are designed to stand outside yourself and observe your own thinking and change it! Research has shown that having a growth mindset creates new pathways in our brains. This allows us to learn new things, grow our intellect, balance our overthinking and change the direction of our lives. Join us for a 45 min informational time on growth mindsets and a 45 min group therapy session discussing how you can use this information to grow your brain.

## IT IS WELL WITH MY SOUL

*Jen Mattheu, Christian Counselor at Seeds of Hope*

Jen spent many years being a Christian without fully understanding God's will for her life. She was frustrated & confused, and not seeing the promises of God manifest in her life. God began to renew her mind through his Word. This understanding of the Spirit, Soul and Body connection totally changed her life and she wants that for you! Learn important truths that will free you from the bondage of wrong thinking. Get a better understanding of yourself, God and others. If you want to see real changes in all areas of your life this session is for you. 3 Jn. 1:2 -Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.



Seeds of Hope Counseling is a place where seeds of hope, courage, strength, love, forgiveness, and grace are being planted daily in the hearts of our clients. We believe our mission has very much to do with the planting and watering of those seeds.

## Help Us Plant More Seeds!

All proceeds from this retreat and donations given will help us fund our plantingFUTUREseeds account. Many families are in need of counseling but they cannot afford it. We don't want to turn anyone away.

### Help us to help them!

- I can't come to the retreat but would like to make a plantingFUTUREseeds donation.
- I can come to the retreat & would like to make an additional plantingFUTUREseeds donation.

If you feel led to make a donation, you can either bring it along to the retreat or send it in to us.  
**Thanks for giving hope!**

*Join us for an overnight retreat designed to*

*help women feel valued, empowered and*

*well in body, mind & spirit.*

