

COMMUNITY WELLNESS ADVOCATE CERTIFICATION LIVING COMPASS TRAINING RETREAT



Nicholas Center at the Diocese of Chicago

65 East Huron Street, Chicago, Illinois

2020 Training Dates

**Thursday, February 13, 5:00 p.m. through
Saturday, February 15, 2:30 p.m.**

**Thursday, June 25, 5:00 p.m. through
Saturday, June 27, 2:30 p.m.**

**Thursday, October 1, 5:00 p.m. through
Saturday, October 3, 2:30 p.m.**

Check our website for more details and the most current training dates.

ACCOMMODATIONS AND PRICING

All trainings are held at the Nicholas Center which serves as the national training center for Living Compass and was created through a partnership between Living Compass and the Episcopal Diocese of Chicago. Private group trainings can be arranged both at the Nicholas Center and at regional locations for mutually agreeable dates.

Cost: \$300 per person

Partial and full scholarships available.

Included in our pricing:

- Individual rooms with single beds and private bathrooms
- Continental breakfast and catered lunches and dinners
- Resources and continued support valued at over \$200

COMMUNITY WELLNESS ADVOCATE (CWA)

training retreats are both instructive and experiential. For just short of 48 hours you will experience the Living Compass process with a cohort of other like-minded people who feel called to learn how to begin or expand wellness offerings in their ministry context.

Experience a unique retreat and training setting in downtown Chicago and enjoy everything from night prayers in the chapel to an improv comedy performance and workshop. Our team will help you develop skills to facilitate small wellness groups and lead wellness classes in your community on a breadth of topics including forgiveness, aging well, mindful eating, spiritual practices and well-being, and grief. You will be trained in offerings for adult, parent, and teen wellness. You will also be equipped with a variety of digital resources/classes that you can implement at no cost, including our very popular Advent and Lent devotional programs.

These training retreats are ecumenical, and you will meet and learn from others from around the country who are increasing the vitality of their congregations and communities by offering a variety of wellness opportunities.

Training retreats are for those excited about integrating faith and wellness in their own lives and helping others to do the same. Lay and clergy leaders are all welcome to attend. Congregations are encouraged to send several people to be trained together whenever possible.



► HOW TO APPLY

Contact Edith Everly at edith@livingcompass.org with questions or learn more and register online here.