

Oakland Community College

A CALL TO WHOLENESS

annual women's conference

SATURDAY, MARCH 16, 2013

Presented by the OCC Womencenter

EMPOWERMENT, TRANSITION, AWE
AND CELEBRATION THROUGH
WRITING THE PERSONAL NARRATIVE

Joy Gaines-Friedler, Poet
will guide you on a writing journey



KEYNOTE PRESENTATION

EMPOWERMENT, TRANSITION, AWE AND CELEBRATION THROUGH WRITING THE PERSONAL NARRATIVE

Writing is a tool to discovery. We write in order to discover who we are. Sometimes those discoveries are painful, sometimes wonderfully surprising. Often, through writing, we find a way to articulate what we have only been able to feel. Every writer experiences this self-awareness, including novelists, journalists, poets, travel guide writers, bloggers, and technical writers. We will have fun focusing on the Personal Narrative as a tool to self discovery. Join poet, memoirist, and essayist Joy Gaines-Friedler for a series of exercises.

Joy Gaines-Friedler is an award winning poet and memoirist. Her work is widely published in literary journals throughout the U.S. including *The New York Quarterly*, *RATTLE*, *The Pebble Lake Review*, and many others. Her work has won numerous awards including *The Allen Ginsberg Award*, *The Marjorie J. Wilson Award for Excellence in Poetry*, and *The Litchfield Review* contest for a series of poems based on the journal of her friend Jim who died from AIDS. Joy teaches Advanced Poetry and Creative Writing for non-profits, including Springfed Arts Literary Arts Project, and is a past Writer-In-Residence for InsideOut Literary Arts Project in Detroit. Joy also runs poetry workshops for young adults “at risk” at the Common Ground Sanctuary for Families in Crisis and with families of victims of homicide. She is the author of *Like Vapor*, a book of poems published by Mayapple Press, and is the author of *In The Slings of Dappled Light*, forthcoming by March Street Press.

THE CONFERENCE

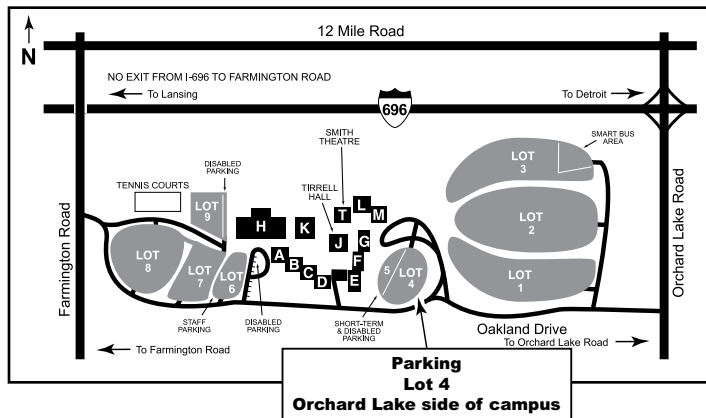
The registration fee of \$40 includes the keynote presentation, two workshops, continental breakfast, lunch, and the concluding session. Preregistration is strongly advised. We will try to accommodate on-site registration, but cannot guarantee availability

PREREGISTRATION ENDS MARCH 8.

Vendors will display information as well as items available for purchase. Five-minute chair massages will be available for a small fee.

LOCATION:

OCC – Orchard Ridge Campus – Tirrell Hall (J-Building)
27055 Orchard Lake Road, Farmington Hills, MI.



*Please come to this
conference with a willingness to
participate, give, and receive.*

QUESTIONS AND INFORMATION:

ph. **248.522.3642**

CONFERENCE SCHEDULE Saturday, March 16, 2013

8:30-9:00	REGISTRATION AND COFFEE/TEA
9:00-10:45	WELCOME AND KEYNOTE PRESENTATION
10:45-11:00	BREAK
11:00-12:30	WORKSHOP SESSION I
12:30-1:30	LUNCH AND VENDOR EXHIBITS
1:30-3:00	WORKSHOP SESSION II
3:00-3:30	CONCLUDING SESSION

COME...CELEBRATE OUR 21ST CONFERENCE WITH US AS WE COME OF AGE!

SESSION I 11:00 am - 12:30 pm

MINDFULNESS AND MEDITATION

*Amy Tschirhart, MA LPC –
University of Michigan Medical School Counselor*

In this workshop we will be exploring how to use mindfulness and meditation to increase the sense of calmness in our everyday lives. I invite you to come and discover how meditation can help you bring a sense of peace into your busy life. We will be practicing techniques and participating in some relaxation exercises that will hopefully inspire and empower you to continue well after the conference has finished.

MEMOIR AND CREATIVE WRITING

Joy Gaines-Friedler, Poet

At the conclusion of this workshop, you will have the materials to create at least a dozen poems, short stories, or other creative writing projects. We will do a memory exercise, a “free-write,” and other creative exercises that will spark your imagination as well as provide the

framework for metaphor and simile. You need not have ever written a thing to enjoy this session, but if you have, you will be given tools to go deeper or to create more meaningful writing.

BUILDING HEALTHY RELATIONSHIPS

Carly Yellin, MA, LLP, CAADC – Northland Clinic

We experience different relationships on a daily basis: with family, friends, and spouse; with the self; with the world. We will define a healthy relationship and explain the difference between healthy and unhealthy interactions. This workshop will include clinical examples of healthy vs. unhealthy relationships, group examples, and even some role playing.

NAVIGATING MY HEALTH CARE VISIT

Marla Rowe Gorosh, MD – Henry Ford Health System

With your participation, Dr. Rowe will envision an ideal office visit. You will be able to contrast that ideal with

your actual experiences with your doctor. You will learn a number of tools that will help you prepare and organize for the visit so both you and your doctor can be most efficient while addressing the true “heart” of your health concerns.

WOMEN, ASSERTIVENESS AND THE STRUGGLE FOR AUTHENTICITY

Linda Diaz, LMSW, ACSW – Birmingham Maple Clinic

Why is assertiveness such a struggle for some people? Why do so many women worry about being accepted? Why is it that some women struggle with expressing their authentic feelings, especially when those feelings are not necessarily “nice”? This interactive workshop will explore the variables that contribute to our assertiveness styles. We will examine how our family of origin and other life experience impact our tolerance for assertiveness and focus on strategies that promote self-acceptance, authentic interaction with others and ultimately improved self care.

SESSION II 1:30 pm - 3:00 pm

NAVIGATING CHANGE

Pam Micallef, MA, LLPC – Counselor OCC

Why is it at times, when Navigating Change, we feel like we are explorers setting sail to worlds unknown!? These world explorers actually used a few key tools to guide themselves through the unknown: a compass, the stars and a sturdy vessel! In this workshop we are going to explore ways we approach change, and broaden our key tools for preparing and navigating through change during our own life voyage.

HOW CAN I ACHIEVE WHOLENESS WHEN I FEEL FINANCIALLY FRIGHTENED?

*Eudora Adolph, MBA & Certified Wealth Strategist –
AverTrust Wealth LLC*

Financial stress can be devastating to your health, well-being and attitude whether its about today’s problems or future uncertainties. At heart, women crave financial security. In this workshop, we will tackle real and imagined

financial threats with knowledge, planning and focus, so you can feel financially confident and secure at any stage of life. This workshop will give you specific tools and a sense of empowerment for taking control of all your money matters. Bring your biggest money monsters, both real and imagined, to be exposed and vanquished. Overcoming financial stress *is* truly priceless and critical to achieving personal wholeness as well as good health.

GET OUT OF YOUR MIND AND INTO YOUR LIFE

Julie Hamilton, LMSW, ACSW, CAADC, PC

Have you ever dreamt of being able to put your worrisome mind in a locker and leave it behind for a few hours or overnight? Ever long to be able to sit down and focus on a good book without getting completely distracted by your thoughts? This workshop will introduce you to a new empirically based approach of dealing with our minds that helps to increase the blessings of our mind and let’s go of the curse of being caught up in thoughts! This will be an

opportunity to learn a variety tools to let go of unwanted, unhelpful thoughts, doubts, worries, and judgment that get in our way of living our days fully.

NETWORK YOUR WAY TO YOUR NEXT JOB

Karen Gutman, GCDF, CBSP, Employment Specialist – JVS

Did you know that 80% of job openings are never advertised? Learn the secrets of successful job seekers. Explore how to find those unadvertised jobs. Get tips on how to network, conduct informational interviews, and use online social networking for an effective job search.

USING ART TO RECLAIM THE SELF

Karen Schurgin, PsyD, ATR, LPC, LLP – Samaritan Counseling Center

Participants will utilize various art materials to create imagery to represent the self and explore the many facets of their personalities. Symbols and imagery will foster creative expression and inner dialogue, enhancing the continual process of personal balance.

REGISTRATION FORM

Due to limited seating in A Call to Wholeness Annual Women's Conference workshops, preregistration is strongly advised. Registration fee includes the keynote presentation, two workshops, materials, and lunch.

Registration fee is \$40 – Preregistration ends March 8.

Please make check payable to: Oakland Community College.

PLEASE PRINT

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Amount enclosed \$ _____

Please indicate your first and second choice for each session.

SESSION I 11:00 am – 12:30 pm

- Mindfulness and Meditation
- Memoir and Creative Writing
- Building Healthy Relationships
- Navigating My Health Care Visit
- Women, Assertiveness and the Struggle for Authenticity

SESSION II 1:30 pm – 3:00 pm

- Navigating Change
- How Can I Achieve Wholeness When I Feel Financially Frightened?
- Get Out of Your Mind and Into Your Life
- Network Your Way to Your Next Job
- Using Art to Reclaim the Self

Please send an e-mail confirmation to _____
(e-mail address)

Send registration to:

**Oakland Community College
Orchard Ridge Campus
Womencenter
27055 Orchard Lake Road
Farmington Hills MI 48334-4579**