



Because we know that grief does not end with the funeral ...

Good Grief : A Mo(u)rning Conference in the Morning

with SYLVIA BOORSTEIN as our keynote speaker

Don't Say Hello....Don't Say Goodbye

Tuesday, November 3, 2009

8:00am – 1:00pm, with a light breakfast included

Presidio Golden Gate Club, San Francisco

Death loss, grief and mourning are challenging aspects of our personal and professional lives. Join SYLVIA BOORSTEIN for a heart nourishing and mind opening morning of networking, teaching, discussion, meditation, learning and sharing. She will offer a half-day retreat, guiding us through an exploration of the ways we can be mindful and buoyant in a world filled with difficulties and complexities.

Sylvia Boorstein, Ph.D. is a co-founding teacher at Spirit Rock Meditation Center. A practicing psychotherapist, she is a frequent presenter at psychology training seminars and often a speaker at health and wellness conferences. She is the author of numerous books, including "Pay Attention, for Goodness' Sake".

Mark Haviland, CMT has been in the healing arts for over seven years. Move with Mark to understand how body work can help us in our search for peace, comfort and release.

A light Kosher breakfast will be graciously sponsored by Leni and Doug Herst
in memory of their beloved son, Scott.

A table will be available for shared professional materials. (Bring yours.)

*For registration,
CEU, and payment information*

The Mo(u)rning Conference is part of "Grief and Growing: NextSteps for Mourners", a program alliance between Bay Area Jewish Healing Center and Sinai Memorial Chapel. The Mo(u)rning Conference is also co-sponsored by The Northern California Board of Rabbis. BAJHC (affiliated with the Institute on Aging) and NCBOR are beneficiaries of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma counties. This event is made possible, in part, by the generous tzedakah of The Alexander M. and June L.

"The path of kindness is the path of happiness". Find, with Sylvia, and with Mark, inspiration and tools for the possibilities of transformation and expanded awareness.

SITE INFORMATION:

The Presidio Golden Gate Club, San Francisco. Entrance is on Fisher Loop in the Presidio.
Free Parking on-site.

For directions, please visit www.jewishhealingcenter.org/mourningconference.htm

PAYMENT INFORMATION*

The \$50 suggested contribution includes a copy of Sylvia Boorstein's book
"Pay Attention for Goodness Sake"
and should be mailed to:

Bay Area Jewish Healing Center, 3330 Geary Blvd. 3rd Floor West, S.F., CA 94118

CEU INFORMATION

This Conference qualifies for CEU credits for people licensed in the state of California.

A Certificate of Attendance will be mailed after the event.

For those who request CEU's, we require payment in full, completion of sign in sheets, and evaluations.

*For those wishing CEU credits, please indicate in writing and add \$10 to your contribution.

Learning Objectives:

1. *To provide an experience of mindfulness and loving kindness meditation that practitioners can use for their own wellbeing and the well being of the people they serve.*
2. *Explore experiential methods that can offer tools to impact on anticipatory loss, as well as post-death grief and mourning.*
3. *Learn practical strategies to add to your theoretical and conceptual orientation.*

CE Provider: Institute on Aging, Provider Number PCE 2079. Course meets the qualifications for 3.5 hours of continuing education for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

CE Provider: Institute on Aging, Provider approved by the California Board of Registered Nursing, Provider Number CEP 13610 for 3.5 contact hours.

**Pre-registration encouraged, but on-site registration permitted.
Attendance is limited. For more information and to RSVP contact:**

Pamela Brown, Program Coordinator
Bay Area Jewish Healing Center
(415) 750-3436
pbrown@ioaing.org