

**This Conference is sponsored by:**

**Broome County Family Violence Prevention Council and was planned by the Professional Education Committee:**

**Brenda Zeoli, Br. Co. Department of Social Services**

**Nicki French, United Way of Broome County**

**Dianna Harden, Br. Co. Department of Social Services**

**Jes Jobmann and Allison Watts, The Children's Home**

**Kelly Mabee, Cornell Cooperative Extension of Broome County**

**Dr. Pearl Reed-Klein, Catholic Charities**

**Ginny Schmitt, Mothers & Babies Perinatal Network**

**Haley Murphy and Jennifer Spencer, Crime Victims Assistance Center**

**Carole Kuklis, ACBC/Br. Co. Mental Health**

**Janette Cyganovich, Family Violence Prevention Council**



**Sky Lake is conveniently located between exits 80 and 81 of Route 17/Interstate 86, approximately 6 miles east of the village of Windsor, New York.**

**From Binghamton: approximately 25 miles:**

**Take NY-17 East (Interstate 86) toward New York**

**Take exit 80 toward Damascus (0.2 mi.)**

**Turn left onto State Line Rd (County Hwy. 225) (0.2 mi)**

**Turn right onto Old Rte. 17 /County Hwy 28 (.6mi)**

**Turn slight left onto Ostrander Rd. (1.2 mi)**

**(Ostrander Rd is .5 mi. past Old Flanders Hill Rd.**

**Turn slight right onto William Law Rd. (1.6mi)**

**Turn left to stay on William Law Rd. (If you are on Page Rd & reach School House Rd you've gone .7mi. too far)**

**Continue to follow William Law Rd  
Sky Lake Camp will be on the left**

# **A Day of Wellness & Rejuvenation**

**Wednesday**

**September 14, 2016**

**Sky Lake Camp & Retreat**

**501 William Law Road  
Windsor, NY 13865**

**Keynote Speaker: Bonnie Donovan, LCSW-R**

**If you are a human services worker who is exposed to secondary trauma and needs to develop a self-care plan, this day will be for you!**

**Sponsored by :**

**Broome County Family Violence  
Prevention Council**

## **PROGRAM:**

**8:30 - 9:00** Registration/Coffee

**9:00- 11:00** Keynote :  
**Bonita Bansky Donovan LCSW-R**  
**Putting the Passion Back into Compassion**  
*"Life in Site" Counseling & Consulting Services*

**11:00-12:00** Calm Stress with Healthy Eating—Rachel Parsons, nutrition educator, Cornell Cooperative Extension

**12:00-12:45** Buffet Lunch provided

**12:45-1:45** 1st Workshop Choices

- A. "Calm through self reflection"  
Journaling & Adult Coloring  
Amy Pessarchick, MSW-BU intern
- B. "Calm through smell"  
Aroma Therapy-Colleen Kiley,RN, LMT,IAC  
*Healing Harmonics-Center for Healing Arts*
- C. "Calm through stretch"  
Yoga - Casey Calvey  
*Spirit Song Yoga*

**1:45 - 2:00** Break

**2:00 - 3:00** 2nd Workshop Choices

- A. "Calm through sound"  
Healing Drum Circle - Kelly Clark, LCSW
- B. "Calm through touch"  
Kinesiology -Katherine G. Cusano, MA,  
CASAC  
*In Balance for Health and Wellness*
- C. "Calm through nature"  
Guided Nature Walk Around Sky Lake with  
a Finch Hollow Naturalist

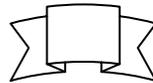
## **Keynote: Bonnie Donovan, LCSW-R**

is a clinical social worker, mediator, Grief♥Recovery® specialist, and a work/life coach.

She has been an adjunct lecturer at BU and SUNY Broome. She has worked with the dying and their families in a hospice program.

Since 1998 she has managed a private practice, Life In-Sight Counseling & Consulting in which she focuses primarily on assisting individuals, couples and families as they face the anxiety of major life and work transitions. She specializes in using a relational model of insight oriented counseling.

She believes firmly that people can develop healthy ways of balancing their lives when motivated by a desire to understand their behaviors and then, act decisively to change them. She will outline ways to face our daily work with greater focus, emotional resilience and an increased capacity to truly care for ourselves and others. She will help us to remember how to keep our passion and compassion alive which is the heart of our success in serving ourselves and others.



The goal of this day is for individuals to leave with the beginnings of their individualized plan for wellness. Come for this holistic day and experience a rejuvenation of your mind and body through a myriad of experiential workshop choices.

Open toed shoes or sandals discouraged.

Wear comfortable clothes and dress for the weather!

## **REGISTRATION:**

**Deadline August 31, 2016**

(Please Print)

**Name:** \_\_\_\_\_

**Agency:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Registration fee \$30.00**

**No refunds.**

**No confirmation will be sent.**

**There is a limited number of participants for the day.**

**Enclosed:**

- Voucher / Purchase Order**
- Check**

**1st Workshop Choice**

- A**    **B**    **C**

**2nd Workshop Choice**

- A**    **B**    **C**

**Please mail registration and check made out to:**

**Family Violence Prevention Council**  
**36-42 Main Street**  
**Binghamton, NY 13905**  
**Fax: 778-3788**

**For more information about registration please call 778-2153**

**[www.gobroomecounty.com/fvpc](http://www.gobroomecounty.com/fvpc)**