

Who is the retreat for?

- Foster and Adoptive Moms

Why should I come to the retreat?

- Being a foster or adoptive parent can be exhausting. The "Renewed Retreat" is aimed at restoring your body, soul and spirit and helping you learn to care for yourself in this long term calling.

When does the event start?

- The event starts at 8:30 am with registration and a healthy continental breakfast.

Who is helping with the retreat?

- The event is hosted by Renee Witkowski at Empowered Calling Coaching but five other local adoption or foster care professionals will be helping in various capacities throughout the day and encouraging you on your journey.
 - Renee Witkowski *, life coach and an adoptive mother
 - Kimber Graves, 11 years of experience as an adoption specialist and also an adoptive mother
 - Kelli Hood*, Counselor and former Satellite Director for Bethany Christian Services
 - Channing Knighton*, Counselor at Southeast Christian and an adoptive mother
 - Carol Lozier*, Therapist in private practice, specializes in helping foster and adoptive families
 - Lori Mangum, Foster Care Director at Maryhurst Foster Care

*= leading a morning session

What events will take place in the morning?

- A group session on whole person care followed by your choice of two morning sessions on how to care for yourself.

What events will occur in the afternoon?

- A full lunch will be served and the afternoon will include an optional dance class, and plenty of time to rest or connect with other moms by playing games, walking on the trails or just chatting.

What is the cost?

- The cost for the whole is only \$50 and includes two meals.

How do I register?

- The retreat is limited to 50 participants so register today at <https://squareup.com/store/empowered-calling/>

Renewed Retreat FAQ



Where can I get more information?

- Feel free to contact me with any questions at rwitkowski@empoweredcalling.com or (502)310-9049.

What is the schedule for the day?

Tentative Schedule:

8:30- Check-in and Continental Breakfast

9:00- Welcome and The Whole Person Approach to Care

10:00 Session 1

11:00 Session 2

12:00 Lunch

1:00- 4:00pm Free Time Options: Hiking on Trails, Dance Class, Games, Connecting with Other Moms, Prayer Room, Etc.

What are the options for the breakout sessions?

- Session 1 Options: Healthy Eating and Weight Loss (Lozier) and To Be Decided (Knighton)
- Session 2 Options: Regulation for Mom (Hood) and How to Stay Close to God When Life is Stressful (Witkowski)
- Afternoon Optional Dance Class: Jennifer Dupin of Elevate Dance Ministry