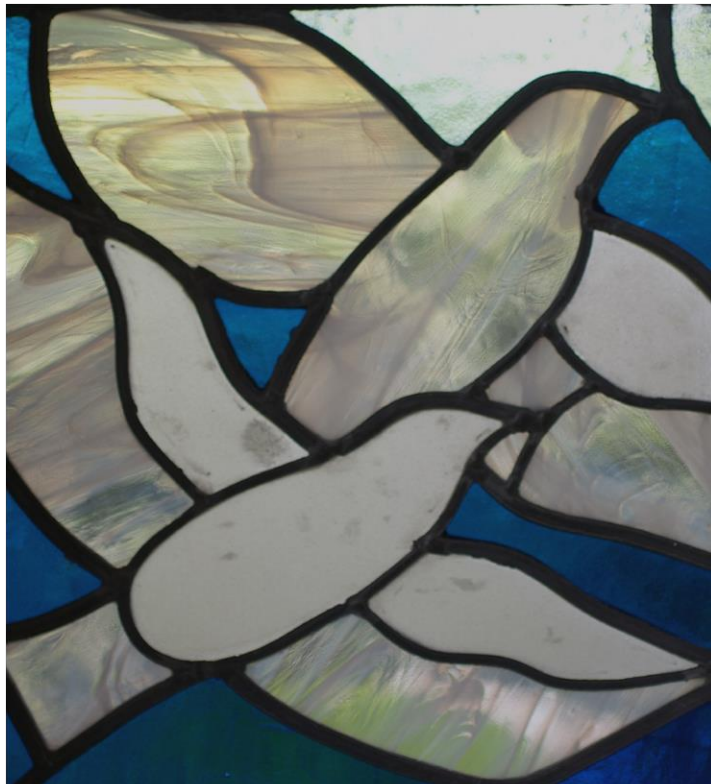


Restore

Intensive Counselling Retreat
For Cross-Cultural Workers

Tumaini Counselling Centre Nairobi, Kenya
18-30 June, 2017



Testimonials from previous retreats:

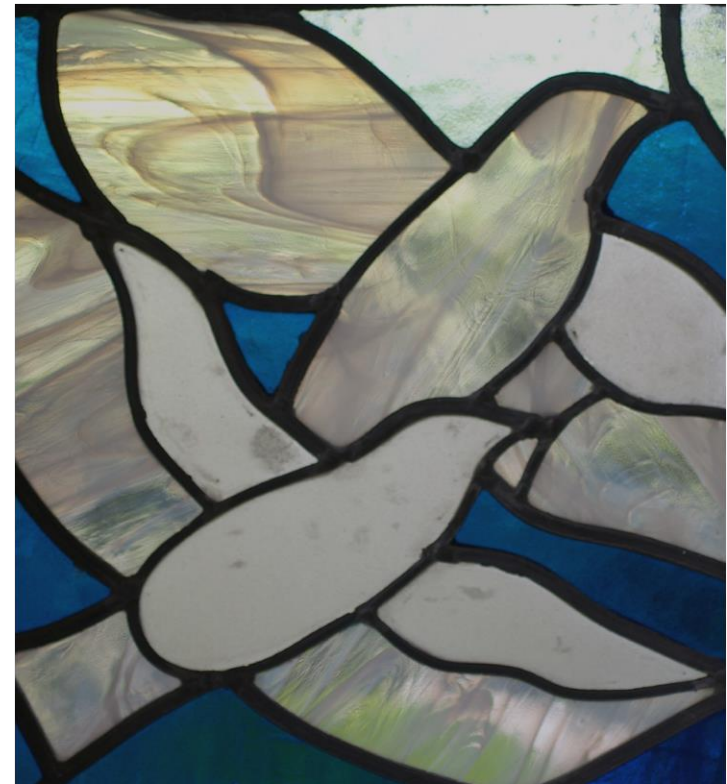
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*"I arrived bursting with pain, disappointment, and broken dreams.
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A Place to Address Your Needs

Relational, cross-cultural, environmental, or work stresses; emotional concerns; trauma; family needs; spiritual disillusionment; unmet expectations – any of these can contribute to exhaustion, discouragement, burnout, depression, anxiety, or conflict. International workers may find themselves feeling isolated in finding support in their time of need or despairing of continued service.



“This gave me tools, but also an avenue to process and invitation to share my story and to receive healing, understanding, and encouragement. It has been restorative and something I can use to encourage others in their journey.”

A Caring Setting

The Restore Retreat is a safe place for you to address concerns with counsellors who are cross-cultural workers themselves. They are compassionate and well-experienced in care for the unique challenges faced by international workers. An on-field program can be effective and much less expensive than a return to the home country.

The Tumaini team extends a warm invitation to those who are dealing with significant concerns to this opportunity for in-depth exploration with the hope to move toward healing and restoration.

Retreat Format

- Daily devotional and worship
- Two seminar sessions each morning on topics such as stress-management, Burnout, depression, conflict resolution, soul-care, boundaries, Sabbath, joy, loss & grief, goal-setting, and others
- 60-75 minutes of group counseling daily
- Nine hours of couple or individual counseling
- Lodging and 3 great meals per day, lunch in the beautiful Tumaini gardens
- Childcare program provided

For further information:

conferences.tcc@gmail.com

<http://tumainicounselling.net/nairobi/restore/>

+254 733 687-050 +254 0728 606-911

\$100 discount
for registration
before May 15



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