



# A Call to Wholeness Conference Registration Form

Due to limited seating in the workshops, preregistration is strongly advised. Registration fee includes the keynote presentation, two workshops, materials, and lunch.

**Registration fee is \$35 – Preregistration ends March 12**  
*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

- Secrets of a Well Organized Home
- Looking in the Mirror at Mid-Life: Who am I?
- Memoir and Creative Writing
- How to Stay Positive During Stressful Times – Tips & Tools to Increase Optimism
- The Ancient Art of Face Reading for Today’s Modern World
- Put Out the Fire!

### Session II 1:30 pm – 3:00 pm

- Using Art to Reclaim the Self
- Wholeness Isn’t Free: Money Strategies to Pay for the Life You’ll Love in 2009 and Beyond!
- Come Out of Hiding
- A Woman’s Wellness Through the Years
- Exploring Change Through Self-Awareness

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



## Secrets of a Well Organized Home

*Kathleen Alessandro – member National Association of Professional Organizers, owner of Energized Solutions, LLC*

Too much paper? Too much “stuff?” Not enough time? What are the secrets of a well-organized home? Learn proven techniques for simplifying and managing your home. Learn how to 1) pick the best storage units; 2) set up a family information management system; and 3) organize any room in your house!

## Looking in the Mirror at Mid-Life: Who am I?

*Emily Jensen, PsyS, LMSW – Pioneer Counseling Center*

This workshop is for those who have ever looked in the mirror and wondered, “Who am I?” and “Is this where I thought I would be in life?” Begin the exploration of the facets of identity at mid-life, how identity changes, and where to go from here. An interactive workshop with concrete ways to move towards congruent identity at mid-life and beyond.



## Using Art to Reclaim the Self

*Karen Schurgin, PsyD, ATR, LPC – 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.

## Wholeness Isn’t Free: Money Strategies to Pay for the Life You’ll Love in 2009 and Beyond!

*Eudora Adolph, Financial Growth Engineer – AverTrust Advisors LLC*

Even though money is really just a tool for achieving the truly important things in life, it must be well managed and nurtured to provide the foundation and security that women crave. This workshop will provide attendees with strategies specific to 2009 to help women take firm control of their money and to build a stable financial foundation even in today’s volatile economy. Learn how to create a strategic financial plan and vision that works for you, and steps you can take to feel confident and secure in any market or at any stage in your life.

# Session I 11:00 am - 12:30 pm

## Memoir and Creative Writing

*Joy Gaines-Friedler*

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.

## How to Stay Positive During Stressful Times – Tips & Tools to Increase Optimism

*Bari D. Berkowitz, MA, LLP – Life Balance Psychotherapy*

This unique and powerful workshop will explore positive psychology and offer strategies for achieving peace of mind as you navigate transition, change and uncertainty. Discover how to put challenges into perspective and take care of yourself emotionally and psychologically along the way. Discussion will include ways to “let go” and “lighten up” so you can create a balanced, meaningful life.

# Session II 1:30 pm - 3:00 pm

## Come Out of Hiding

*Brenda Strausz, LLP – Southfield Mental Health Associates*

In this experiential workshop, you will discover how your childhood has affected your present life, and you will learn ways to clear away the blocks that keep you from living your full magnificence.

## A Woman’s Wellness Through the Years

*Kathleen Slonager, RN, DiHom, AE-C*

Homeopathy is an effective and scientific system of healing which assists the natural tendency of the body to heal itself. Kathleen illuminates women’s health and wellness and lifetime transitions – including menstrual problems, pregnancy issues, peri- & pre-menopause, and menopause – through the use of Homeopathy. A primer on Homeopathy basics and philosophy will be discussed.

## The Ancient Art of Face Reading for Today’s Modern World

*Lin Klaassen – Face Reading by Lin*

Face Reading has been practiced for 3,000 years, and has been scientifically validated to 92% accuracy. The human face is a living personality profile of its owner, every facial feature, line, and crevice provides insights. Learn: the history of Face Reading; how to gauge the importance of a facial trait; the importance of size, placement, and scale to the face; traits that you can begin to read immediately. Lin will read random faces from the group, and take questions. Be sure to bring a mirror for your personal observations.

## Put Out the Fire!

*Renee Surdu, MA, LLPC, RD – Cornerstone Wellness PC*

Learn mind-body approaches to treating and healing inflammation disorders such as autoimmune, cancer, digestive, allergies, migraines, diabetes, and cardiovascular diseases. Learn how to reduce the precursors and stresses of inflammation that lead to illness and metabolic dysfunction with advanced nutrition therapy, stress management, and lifestyle coaching.

## Exploring Change Through Self-Awareness

*Marla Garmo, LMSW – Birmingham Maple Clinic*

The definition of change is to become transformed or converted; something that without doubt happens to all of us. Whether it’s self-driven or externally imposed, change is often faced with many emotions including excitement, loss, and apprehension. Whatever the circumstance, change provides us with the opportunity to greatly improve our quality of life. Understand better what prevents us from effectively working through these changes through the discovery and execution of self-awareness and coping strategies.



Keynote Presentation  
**A Call to Wholeness March 21, 2009**  
*Compassion Fatigue*

*Observations from research show that women feel pulled to care for everyone but themselves, especially those who are in helping professions. This keynote will introduce the concept of compassion fatigue and its correlation to burnout. Participants will learn how to identify their level of compassion fatigue and discover how to take care of themselves. Questions answered will be: How do I take care of myself? What sustains and rejuvenates me? What do I need to change in my life to care for myself?*

**A Call to Wholeness**

The registration fee of \$35 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 12.**

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

**Orchard Ridge Campus – Tirrell Hall (J Building)**  
 27055 Orchard Lake Road, Farmington Hills, MI, 48334



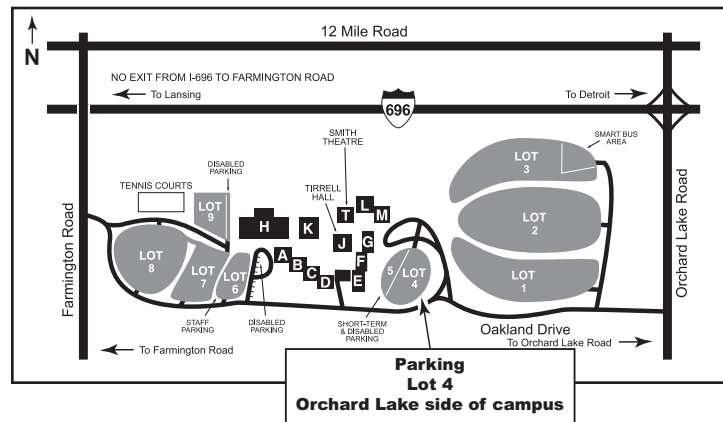
Debra L. Hollander, MD, graduated from Wayne State Medical School in 1983 and began a residency in internal medicine. During her residency, her infant daughter was diagnosed as an anaphylactic asthmatic and she chose to stop her residency to care for her daughter. Since that time, Dr. Hollander completed a residency in Psychiatry and now is the Chair of Behavioral Medicine at Providence Hospital. In her role she works with individual patients, teaches medical students and residents, and has administrative duties. Her special interest is in how the body, mind and spirit work together to create health or illness.

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

**Questions and Information:**  
**248.522.3642**

**Conference Schedule**  
**Saturday, March 21, 2009**

8:30–9:00	Registration & Coffee/Tea – J Building
9:00–10:45	Welcome & Keynote Presentation – J Building
10:45–11:00	Break
11:00–12:30	Workshop Session I – J Building
12:30–1:30	Lunch & Vendor Exhibits – J Building
1:30–3:00	Workshop Session II – J Building
3:00–3:30	Concluding Session – J Building



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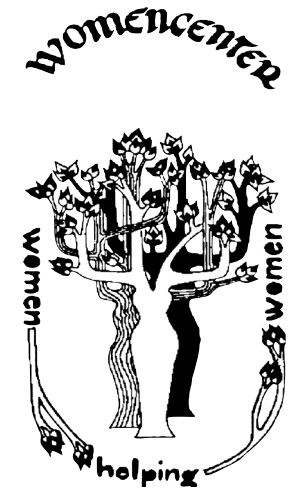
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 Bloomfield Hills MI 48304-2266



*A Call to Wholeness  
 Annual Women's Conference  
 Saturday, March 21, 2009*

Oakland Community College

**A Call to Wholeness  
 Annual Women's Conference**



**Saturday, March 21, 2009**

Presented by  
 Womencenter  
 Orchard Ridge Campus

**Compassion Fatigue**  
**Debra L. Hollander, MD**

*will guide you to care for yourself*