

# Simple Care of a Hopeful Heart

March 29-30, 2019

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Special needs? \_\_\_\_\_

Check one of the following:

- I wish to pay the deposit of \$50
- I wish to pay in full- \$215
- I wish to make a donation for scholarships
- Total

Check one of the following:

- Check is enclosed (make check payable to: **Siena Retreat Center**).
- I wish to pay by credit card

Visa     Mastercard     Discover

Card # _____
Security Code* _____
Exp. Date: _____
Signature: _____
* found on back of card

Mail to:  
Siena Retreat Center, 5637 Erie St., Racine, WI 53402

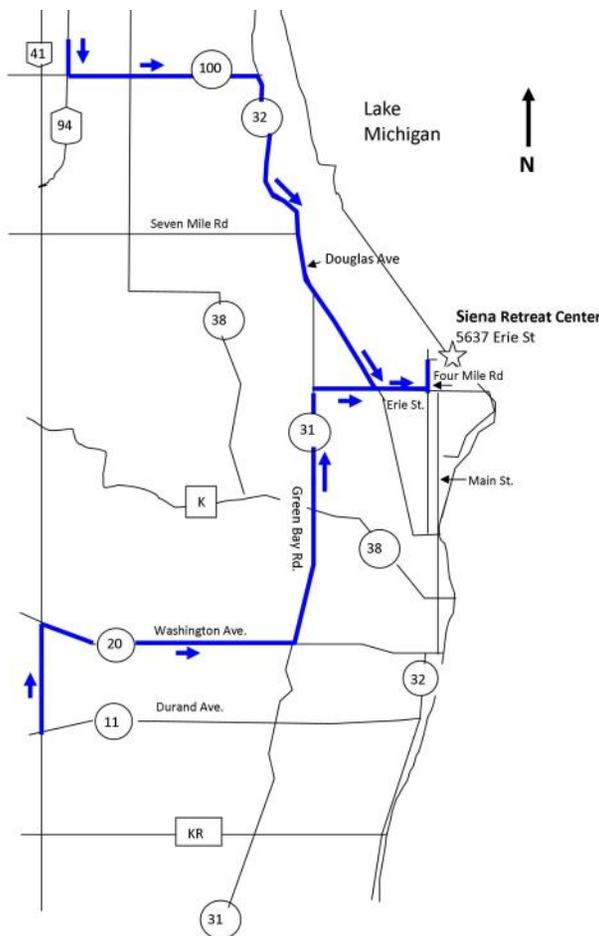
## From Milwaukee Area:

Exit I-94 at Hwy 100 (Ryan Road); LEFT on Hwy 100 to Hwy 32 (4.4 mi); RIGHT on Hwy 32 to Four Mile Road (6.5 mi. along Hwy 32); LEFT on Four Mile Road to Erie Street (1.1 mi). Turn LEFT on Erie Street to SIENA CENTER (0.7 mi). Driveway on right.

## From Chicago Area:

Exit I-94 at Hwy 20; RIGHT (east) on Hwy 20 to Hwy 31 (5.4 mi); LEFT on Hwy 31 to Four Mile Road (4.6 mi). Four Mile Road is at the stop light just after you cross a bridge. Turn RIGHT on Four Mile Road to Erie Street (3 mi); LEFT on Erie Street to SIENA CENTER (0.7 mi). Driveway on right.

You may also want to check on the I-94 website for the latest construction updates: [www.plan94.org](http://www.plan94.org)



# “Simple Care of a Hopeful Heart”

Enhancing Resilience,  
Compassion, and  
Personal Well Being

March 29 - 30, 2019

with author

**Dr. Robert Wicks**



Siena Retreat Center  
5637 Erie Street, Racine, WI 53402  
262-898-2590

[www.sienaretreatcenter.org](http://www.sienaretreatcenter.org)

# “Simple Care of a Hopeful Heart”

## Enhancing Resilience, Compassion, and Personal Well Being

One of the greatest gifts we can share with others is a sense of our own peace. However, we can't share what we don't have.

By discussing psychological and classic spiritual approaches to maintaining perspective and inner strength in challenging times, Bob Wicks will offer insights into how we can live in peace and, in turn, extend our warmth to others without losing our own inner fire in the process.

Topics will include: maintaining a healthy sense of perspective, avoiding dangers that lead to unnecessary stress, developing your own self-care program, knowing the four “voices” we need in our circle of friends to have balance and courage in life, improving self-awareness, and facing inner darkness. Practical, illustrative, and lively, this rich weekend will provide essential information on resilience, compassion, personal wellbeing, and prayerfulness.

**Friday, March 29, to Saturday, March 30, 2019**

The retreat begins at 7:00pm on Friday and ends with the noon meal on Saturday.

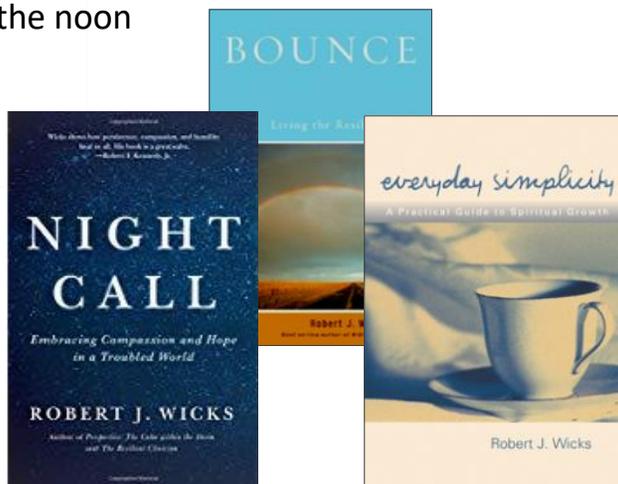
Cost of \$215 includes \$50 non-refundable deposit, overnight accommodations, and meals.

Extend your retreat to have a little private time before or after the retreat. Cost depends on numbers of overnights and meals. Saturday overnight including Saturday supper and Sunday breakfast would be \$67. Feel free to join the Racine Dominicans for liturgy on Sunday morning. Contact us to check on availability.



Dr. Robert Wicks is a psychologist specializing in secondary stress and has a passion for integrating sound psychology with basic spiritual principles to facilitate personal transformation. Robert travels the world teaching and offering workshops on mindfulness, self-care, and a

score of other topics. He has authored over 50 books; including *Bounce: Living the Resilient Life*, *Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times*, *Everyday Simplicity*, and *Perspective: The Calm Within the Storm*. His latest book is *Night Call: Embracing Compassion and Hope in a Troubled World*, a beautiful book for those in healthcare as well as clergy, family caregivers and anyone who serves others.



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Ministry of the  
Racine Dominicans

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Committed to Truth • Compelled to Justice

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