



Program for 2017

"Kewn Kreestha"

"Kewn Kreestha" operates February to mid-December each year.

Regular Program Week: Offered throughout the year. Bookings essential.

Focus Week:

Understanding & Healing Emotions

July: 24th – 28th

Cost: \$198 (GST included)

Short Stay (Residential):

Guests may stay one or more nights.

Attendance at sessions – optional.

Staff available for chats.

February: 13th-15th

April: 26th-28th

August: 28th-31st (Disch. 10am)

Cost: \$40 per day (GST included)

70+ Week:

Sept: 18th-22nd

Cost: \$198 (GST included)

Carers Week:

May: 1st – 5th.

Cost: \$198 (GST included)

Bookings: Essential for all Programs

Day Programs: \$25 Booking Fee must be paid at time of booking. Each session must be paid for in advance.

Residential Stay: \$28 Booking Fee must be paid at time of booking. Balance \$180 to be paid on admission or can be paid in 3 instalments.

The Booking Fee is inclusive of GST and is non-refundable but transferable within the calendar year, provided you have cancelled the booking within 72 hrs of admission date.

Direct Deposit is the preferred payment.

Bank: Commonwealth Bank

Name: Family Care Sisters

BSB: 06 3113

Ac No.: 1091 6426

Under Description: Write your name & Surname.

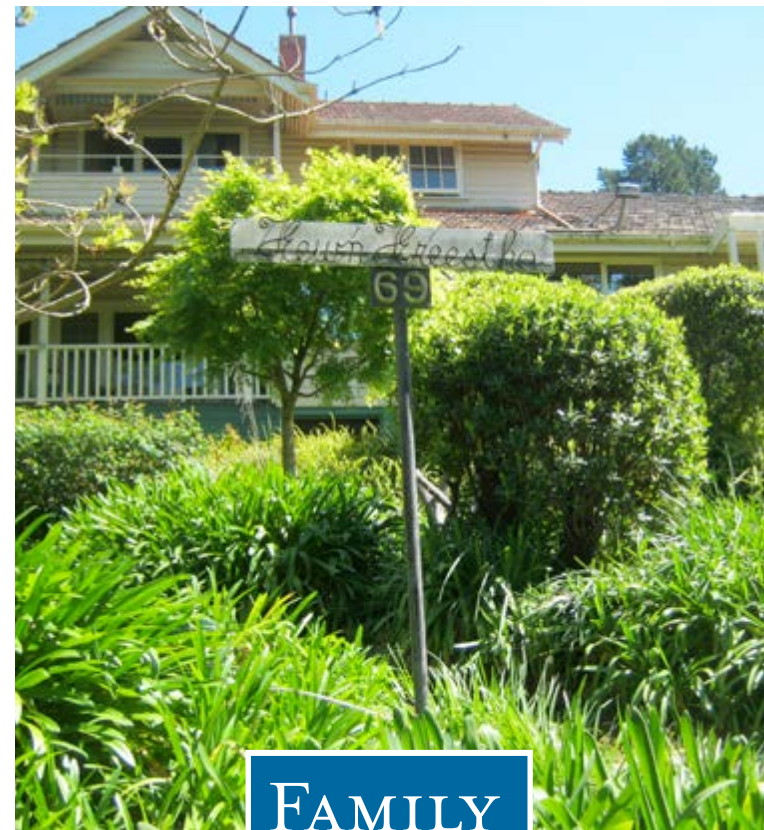
Family Care Sisters

69 Alto Ave,
Croydon, Vic, 3136

If using GPS. It is 67-73 Alto Ave.

Phone: 9723 6797

Email: resthome.familycare@bigpond.com



FAMILY
CARE
SISTERS

Wholistic Centre

Day Programs: 10am-3pm

Attendance at all sessions is required.

Cost: \$25 per session (GST included)

BYO lunch.

Tea/Coffee provided

1. Introduction to Dreams (Follow up session from 2016)

Practice how to interpret your dreams and grow in self-awareness and understanding.

Presenter: Sr. Joan Sibberas rsm

Dates: 14th February

Venue: Meeting Room

2. Boots, Cracked Pots & a place at the Table - Mercy in a Becoming World.

Using Madeline Duckett's book of the above title, we will explore, reflect and more deeply and consciously engage with God's Mercy and our call to be this Mercy in a rapidly changing world.

Presenter: Angela Dewar

Sessions: 5

Dates: 15th Mar, 19th Apr,
17th May 14th June,
9th Aug.

Venue: Meeting Room

3. The Gift of being True to Myself

Self-awareness and self-esteem

Presenters: Sr Michele Toussaint fcs
& Margaret Carman

Sessions: 3

Dates: 18th April, 16th May,
13th June

Venue: Meeting Room

4. Journeying through Grief & Loss

Presenter: Sr Joan Sibberas rsm

Sessions: 2

Dates: 15th May, 17th July

Venue: Meeting Room

5. Mid-life Spirituality (Repeat of 2016)

Embracing the Truth & Beauty of Self.
Coming home to myself is about
coming to grips with my journey of
meaning...my spiritual/inner journey.
Discovering what is now emerging in
my inner and outer worlds.

Presenter: Sr. Michele Toussaint fcs

Session: 5

Dates: 18th July, 15th Aug,
12th Sept, 17th Oct,
14th Nov.

6. A Spirituality for Married Life

What happens after the romance ends?
An exploration of marital spirituality
will help you understand the tension,
confusion and conflict that is inevitable
in most marriages. We will identify
seven developmental processes in
'marriage' and use our combined
wisdom to explore these processes.

Presenter: Sue Gesell

Sessions: 4

Dates: 19th July, 16th Aug, 13th
Sept, 18th Oct.

Venue: Meeting Room

7. Claiming my Freedom.

A closer look at Boundaries.

Presenters: Sr. Gwen Daw sjc

Sessions: 3

Dates: 14th June, 11th Sept,
16th Oct.

Venue: Guests' Lounge

8. Feminine Spirituality

An introduction to exploring spirituality
from a woman's point of view.

Presenter: Margaret Carman

Sessions: 1

Date: 13th November

Venue: Meeting Room

9. Tools for Effective & Compassionate Communication.

Presenter: Sr. Joan Sibberas rsm

Sessions: 1

Date: 15th November

Venue: Meeting Room

10. Films Plus

Ever been to a movie and wanted to
D&M about it? Here's your chance! The
selection of 4 movies will be advised via
email. Attend 1, 2, 3 or 4

Presenter: Angela Dewar

Dates: 14th Mar, 16th May,
15th Aug, 19th Oct.

Venue: Guests' Lounge

PRAYER DAYS:

Sr Michele will be leading Prayer days at
"Kewn Kreestha" Croydon and also at "Nazareth"
Canterbury in 2017.

If interested in attending, please contact resthome.
familycare@bigpond.com and advise of your interest.