

Oregon Attorney Assistance Program &
Oregon Women Lawyers



present the

Twelfth Annual

Women's Wellness Retreat for Lawyers



Special Room Rates
available from
Oregon Garden Resort
(details on next page)

Transforming Ourselves through Self-Compassion and Creativity

Friday, April 5 & Saturday, April 6, 2019

Oregon Garden Resort

895 West Main Street

Silverton, Oregon 97381

Application for MCLE credits pending

Friday

| | |
|------------------|---|
| 1:00 - 2:45 p.m. | Registration/Lunch Buffet |
| 1:45 - 2:45 p.m. | Introductory Activity – Shari R. Gregory & Karen A. Neri |
| 2:45 - 3:00 p.m. | Break |
| 3:00 - 4:00 p.m. | Self-Compassion: From Head to Heart – Michelle Ryan |
| 4:00 - 6:00 p.m. | Free time for checking in, spa treatments, or optional knitting session with Kyra Hazilla |
| 6:00 - 7:15 p.m. | Dinner with table discussions |
| 7:30 - 8:00 p.m. | Self-Compassion Toolkit – Kyra M. Hazilla & Karen A. Neri |
| 8:15 - 9:00 p.m. | Mindful Meditation – Michelle Ryan |

Saturday

| | |
|-------------------------|---|
| 8:00 - 9:00 a.m. | Yoga – Karen A. Neri |
| 8:30 - 10:30 a.m. | Breakfast Buffet w/ breakfast activity |
| 9:45 - 10:15 a.m. | Break/check out |
| 10:15 - 11:45 a.m. | Your Brain on Art: Problem-Solving through Creativity – Amy Ponteri |
| 11:45 a.m. - 12:00 p.m. | Break |
| 12:00 - 1:00 p.m. | Showing Up with Fire – Shari R. Gregory |
| 1:00 - 1:15 p.m. | Closing Remarks |
| 1:15 p.m. | Boxed Lunch to go |
| 2:00 p.m. | Optional Gordon House Tour |



OAAP/OWLS
Twelfth Annual
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Retreat for Lawyers

ABOUT Oregon Garden Resort:

**Reserve Your Room By March 5, 2018
To Receive the Special OAAP Rate:**

Rates range from \$109 + tax per night for one or two beds.
Pet-friendly rooms are also available for an extra fee.

**To reserve a room; call the resort directly at
503.874.2500, ext 0. Reference Group Code "OAAP"**

- Book your room before March 5, 2019, to receive the group rate. The rates are available for Thursday and Saturday night as well.
- After March 5, 2019, the room rates are still applicable based on inventory. You must call the hotel, and not book online.

For directions:

[click here](#)

To schedule a spa treatment at Moonstone Spa:

- Call 503.874.2500, ext 1., ahead of your stay.
- Reference Group Code: "OAAP", to receive a 10% discount.

Meet Our Facilitators:

Shari R. Gregory, LCSW, JD, Assistant Director/Attorney Counselor of the OAAP, has been with OAAP since 1999. She facilitates a variety of support groups for lawyers, including a women's work/life balance group and Inner Peace for Busy Lawyers. Shari has a master's degree in social work and in 2010 obtained her license in clinical social work.

Karen A. Neri, JD, RYT, is a 2006 graduate of New College of California, School of Law, and licensed in Oregon and California. She is completing her MA in Marriage, Couple, and Family Counseling at George Fox University, a program designed to qualify her for dual licensure as a Professional Counselor (LPC) and Marriage and Family Therapist (LMFT). Prior to joining the OAAP staff in 2018, Karen worked as an associate attorney in California with a focus on family law, personal injury, and general civil litigation.

Michelle A. Ryan, JD, RYT, started her legal career as an Americorps attorney with Legal Aid, and has worked as a public defender in state and federal court for over 20 years. She has also been a yoga and mindfulness practitioner for more than 17 years and a yoga instructor for seven years. She has a particular interest in working with lawyers on issues surrounding perfectionism, work/life balance, emotional resilience, self-compassion, and stress reduction. You can learn more about Michelle and her services at www.BalancedProfessional.com.

Amy Ponteri, LPC, ATR-BC, is a Licensed Professional Counselor in Oregon and a nationally Board-Certified Art Therapist in private practice and at a local emergency department. She has been working in the field for nearly 20 years, providing assessments and therapy to individuals, families, and couples and clinical supervision to master's level graduates. Practicing art is a vital part of her clinical practice, making meaning of the therapeutic process, and for ongoing growth and development.

Kyra M. Hazilla, JD, LCSW, is a Group Facilitator with the OAAP. Kyra is a 2006 graduate of the University of Michigan Law School (JD) and School of Social Work (MSW). She is also an attorney and social worker at Metropolitan Public Defenders, Inc. Kyra is an active member of OWLS, the working parents committee, and the Oregon State Bar Quality of life committee.

OAAP/OWLS

Twelfth Annual Women's Wellness Retreat for Lawyers
April 5th & 6th, 2019, Oregon Garden Resort
895 West Main Street, Silverton Oregon 97381

\$95 Registration Fee

Includes Friday lunch & dinner; Saturday breakfast & lunch
Questions? Call the OAAP at 503.226.1057 or
1.800.321.6227

OAAP Program Reservation Deadline: April 3, 2019

Name: _____ Bar Number: _____

Address: _____

City/State/Zip: _____

Telephone: _____ Email: _____

Special Dietary Needs (Please Specify): _____

Make event registration check payable to **OAAP** and send to:
OAAP, 520 SW Yamhill Street, Suite 1050, Portland, Oregon 97204

Application for MCLE credits pending