



Rising Strong™

Cultivating a Spiritual Practice with Courage, Creativity and Compassion

PROGRAM Rising Strong™ is a one-day workshop based on research of Dr. Brené Brown. The simple physics of vulnerability is if we are brave enough, often enough, we will fall. This workshop is about what it takes to get back up and how owning our stories of struggle give us the power to write a brave new ending. Struggle can be our greatest call to courage and the clearest path to a wholehearted life.

AUDIENCE Community members, therapists, counselors, coaches, spiritual directors, clergy, teachers, parents, couples, adults, professionals, retirees, anyone who is curious to learn more.

DATE / TIME Thursday, October 26, 2017 / 8:30 a.m. – 5:30 p.m.

CEUS Please inquire.

COST Early bird: \$85. After October 1st: \$100. Tuition and snacks included. Lunch on your own.

LOCATION First Christian Church, 2500 University Ave, Des Moines, Iowa

REGISTRATION www.dmpcc.org/Rising

FACILITATORS Dianne Morris Jones and Nancy Schornack – Licensed Mental Health Counselors (LMHC) and Certified Daring Way™ Facilitators and Consultants (CDWF-C). See full bios here: www.dmpcc.org/Rising

FOR MORE INFORMATION Contact Diane McClanahan, Director of Leadership and Spiritual Life at the Des Moines Pastoral Counseling Center, dmcclanahan@dmpcc.org, 515-251-6667

*I thought faith would say, 'I'll take away the pain and discomfort' –
but what it ended up saying was, 'I'll sit with you in it.' ~ Dr. Brené Brown*