

Retreat 2018 Registration Form

Survivor Name: _____ T-Shirt Size: S M L XL 3XL (Circle one)

Family Member Name: _____ T-Shirt Size: S M L XL 3XL (Circle one)

Survivor Address: _____ City _____ State _____ Zip _____

Email: _____ Phone: Home () _____ Cell () _____

Is this your 1st time attending? Yes No

Do you have special dietary needs? Yes No Please explain _____

Please mail back your registration with your \$25 non-refundable deposit (per person attending) made out to: *North Carolina Jaycee Burn Center*
Please mail this form and deposit to the following address:

North Carolina Jaycee Burn Center/Retreat
101 Manning Drive, CB#7600
Chapel Hill, NC 27599-7600

Please tear and return

Upcoming Events

Camp Celebrate: May 17-20, 2018

A weekend camp experience for burn survivors age 7-15 that provides the opportunity to meet and share with other kids "who are like me." Consider volunteering to be a counselor and to mentor these children in how to feel successful in their recovery!

Pediatric Aftercare (919) 962-8427
michele.barr@unchealth.unc.edu

Peer Support - Phoenix SOAR® Program (Survivors Offering Assistance in Recovery)

Consider becoming a peer supporter.
For more information contact Chaplain Shirley Massey
Adult Aftercare (984) 974-0218
shirley.massey@unchealth.unc.edu

The Phoenix World Burn Congress

Phoenix World Burn Congress 2018, Grand Rapids, MI
September 12-15, 2018

Attend a national conference where survivors have the opportunity to meet other survivor families, health care professionals, and fire service personnel from all over the United States and Canada. Scholarships are available through the Phoenix Society. You must apply online in June. For more information go to www.phoenix-society.org/wbc

Detailed directions to the Caraway Conference Center will be sent to all those who register to attend the retreat. Do not miss this weekend of healing and fellowship in the midst of tall trees overlooking a serene lake. Enjoy rocking chairs on the porch, a hike through the woods or friendly conversation by the fire pit. We look forward to being with you all!

Caraway Conference Center
4756 Caraway Mountain Rd
Sophia, NC 27350
(336) 629-2374

17th Annual Adult Retreat

*"Embracing Life: A Step
Towards Acceptance of a
Traumatic Experience"*



**Friday, April 13th
through
Sunday, April 15th, 2018**

Camp Caraway Conference Center
4756 Caraway Mountain Road
Sophia, NC 27350



UNC
NORTH CAROLINA
JAYCEE BURN CENTER

New Location for 2018!!

Retreat Schedule

Friday, April 13th - Sunday, April 15th, 2018
Camp Caraway Conference Center
4756 Caraway Mountain Road
Sophia, NC 27350

Facilitators: Vera Moura, MD
and Shirley Massey, MDiv

You and your significant other/caregiver are invited to attend the 17th Annual Retreat for Adult Survivors at Camp Caraway located in the beautiful countryside of Randolph County, North Carolina. The retreat will begin Friday, April 13th with check in at 4:00 pm, and will end Sunday, April 15th with lunch at 12 Noon. Because it is so important that the group work together from the start, attendees are required to arrive on time Friday and stay throughout the entire weekend retreat. Dinner will be served promptly at 5:30pm on Friday and no late arrivals will be accepted.

This Adult retreat offers the opportunity for you to meet other survivors/caregivers, to talk together and to learn how others are coping with their changed lives after a burn injury.

Come explore ideas and resources that will help you in your recovery as you re-enter your community, work place and life. Spend time in group activities and in individual private time, to reflect on your personal healing journey. Take time to receive support and to be part of a supportive survivor community.

- **Registration is limited to 35 people and must be received by March 14, 2018.**
- **A \$25 per person, non-refundable deposit is required to register/reserve your spot.**
- **Lodging & meals are provided at no charge.**

For more information contact:
Email: Shirley.Massey@unchealth.unc.edu
Phone: (984)974-0218
(984) 974-1599 Aftercare Phone

Friday April 13, 2018

- 4:00 pm Arrival & Registration
- 5:30 pm Dinner & Welcome
- 7:00 pm – 9:00 pm Session 1

Saturday April 14, 2018

- 7:30 am Breakfast
- 9:00 am – 12 noon Session 2
- 12 Noon Lunch
- 1:30 pm – 5:30 pm Session 3
- 5:30 pm Dinner
- 7:00 pm Session 4

Sunday April 15, 2018

- 7:30 am Breakfast
- 9:00 am – 12 Noon Session 5
- 12 Noon Lunch

Retreat ends!



Vera Lucia Moura, MD, MS-MBM, CIHWC is a mind-body medicine practitioner, and life-long student of conventional as well as ancient ways of healing. She is originally from Brazil and practiced as a licensed psychiatrist in her country before moving to the United States. Vera received a certification in Mind-Body Medicine from the Center for Mind-Body Medicine (2003), a Master of Science Degree in Mind-Body Medicine (2012) and certification in Integrative Health and Wellness Coaching (2014) from Sybrook University, CA. Since 2001 she has been working with groups and individual clients, initially at University of Michigan Integrative Medicine, and from 2008 to present at University of North Carolina at Chapel Hill. Vera has been involved in leading support groups, seminars and retreats for the burn community since 2010. She brings much knowledge and experience to assist in the recovery from a burn injury. Self-care and self-awareness as a means to wellness is fundamental to her work. Her work is practical, experiential and focused on the present moment. In working with groups, to create a safe space to grow together toward healing and transformation she brings additional training and certification in psychoanalysis, integrative health and wellness coaching.



Shirley Minter Massey, MDiv is currently a clinical chaplain at the University of North Carolina Hospitals in Chapel Hill, N.C. in the Department of Pastoral Care. She serves as the chaplain for the North Carolina Jaycees Burn Center. She coordinates the Adult Aftercare programs for Burn Survivors, their families, and staff. Shirley has worked with survivors, families, and staff for thirty years, providing emotional and spiritual support during the recovery process. She has led seminars for survivors at the Phoenix World Burn Congress and the American Burn Association, facilitated retreats and reunions, organized support groups, and assisted in the development of the Phoenix SOAR® Survivors Offering Assistance in Recovery national peer support program. She is very experienced in working with groups and facilitating conversations around trauma and growth recovery.