
RETREAT FOR DADS!

Saturday, June 22 11am-5pm

Retreat agenda:

- Meet and greet
- Engage in an experiential stress and resilience training to support your role as a father
- Enjoy lunch together (will be provided)
- Try AcuDetox
- Participate in a hands on project
- Build an alliance
- Retreat closing

Location:

Boulder. Address will be provided at registration

Rate:

This workshop is generously being sponsored by a donor.



Dads of Children with Disabilities

Where is the support for dads? We noted something was missing and would like to offer a chance to learn and connect. This retreat will provide an opportunity for you as a dad and all who identify as a father to build a support network, feel closer with your family, and learn about overall personal wellness. At the end of the retreat, you will understand the impacts of ongoing and compounded stress with new tools that build your resilience and coping mechanisms for day-to-day life.

Registration:

www.peakparent.org/events/retreat-for-dads/

Facilitated by:



Lauren Hassan, LCSW

Lauren is the founder of the Colorado First Response Coalition (CFRC, offering trauma-informed therapy to first responder populations), a trauma clinician and a group facilitator.

Lauren has worked in the field of trauma for twenty years and has experience in non-profit, academic and community mental health clinical settings. After opening her private practice in 2013, she shifted her focus to serving those in first responder roles. In running the CFRC and working closely with clients, she has remained dedicated to both individual and collective wellness – holding true to the strong belief that when we direct our attention toward resilience, it not only serves us individually, it serves the people around us and our communities. Lauren is eager to apply this breadth of experience in support of fathers of children with disabilities... an unrecognized type of first responder.

Noah is a husband and father of three children, which he names as one of the most significant rites of passage in his experience. He acknowledges our culture creates little space for fathers to feel supported and connected and has thus co-founded The Council of Fathers, a mens group dedicated to inner work and enhancing men's capacity as fathers, partners and friends.

Noah is also an incredible acupuncturist and facilitates the above work through his rich understanding of Chinese medicine and healing through acupuncture. He is excited to show up for this retreat in both roles— facilitation and offering AcuDetox (an acupuncture protocol that places needles at specific points in the ear to support stress and nervous system regulation).



Noah Goldstein, DACM, L.Ac



Mark Davison

Mark Davison is the park planning, design and construction manager at the City of Boulder. He is also the father of three children, one of whom, Lydia, experiences disability. Over the years, she has taught him many new ways to design parks and ensure access to nature is inclusive for all. Prior to his position with the City of Boulder, Mark led planning, design and environmental education efforts for Oregon State Parks and the National Park Service. His career path has focused on park planning, park design, visitor experience, land management and environmental conservation. Mark is happy to say that he can now bring his two worlds together in the fight for universal design and the creation of spaces where all community can belong and find kinship.