



# *Harmony in the Family Family Retreat Easter 2020*



**9.4.-13.4.2020**

*Enjoy a weekend in beautiful Swedish nature to relax, spend time with your family, make new friends and learn how to increase harmony in your family. The voluntary program for adults includes hands-on sessions by self-employed therapists and counselors, discussion groups and sauna. Babysitting and activities for the children will be provided as well as food and accommodation.*

*The retreat is aimed at parents and grandparents of young children, but everyone is welcome, with or without family. We wish to create a safe space for all participants and are independent of other institutions or religions.*

**PRICE:**

Adult: 600SEK / 576NOK

Child (age 1-18): 300SEK / 288NOK

Please pay in advance to

Kvinneforum for verdensfred. Address: Colbjørnsensgate 8c, 0258 Oslo

IBAN: NO61 1624 2009 324

BIC: DNBANOKKXXX. Bank address: DNB, Postboks 1600 Sentrum, 0021 Oslo

Or Vipps from a norwegian bank account to 94474169 (Johanna E. T.).

Or promise to bring cash in SEK.

**TRAVEL:**

Arrival before 9.4. 17.30pm, departure after 13.4. 9am

**AIRPLANE:** fly to airport Arlanda Stockholm and take the bus to Västerås.

We recommend booking flights through Wonse:

wonse@wonse.de, +49-(0)69-240015-0

**Train:** to Kopparberg or Västerås

We can pick you up for 75SEK (Kopparberg) or 200SEK (Västerås) per person.

Please keep us updated on your travel information: [wfw.p.norway@gmail.com](mailto:wfw.p.norway@gmail.com)

**Car:** Furulidsvägen 5, 714 91 Kopparberg, Sverige



PLEASE BRING:

- Indoor shoes
- Towels and toiletries (we provide shampoo and body soap)
- Adults: Swimming suit and towel for sauna
- Warm clothes for activities inside and outside
- Pillow case
- Sleeping bag OR bed sheet and blanket cover (80cmx200cm) OR additional 100SEK

*There are two main bedrooms, one for men+kids and one for women+kids. Families with small babies or other special needs will get first priority on the few private bedrooms. The first 25 applicants will be guaranteed a bed, later applicants might have to sleep on a mattress. You can also bring your own tent or rent a nearby cabin. (<http://kloten.nu/en/accommodation/>)*

*We would like to stress again that this family retreat is independent of organisations other than WFWP and all personal information will be kept confidential. Our report for WFWP channels will contain only general information, photos and feedback by participants who clearly agree to being quoted. If you don't want your photos to be published, you can state that in the application form.*

PLEASE FILL IN ONE FORM FOR EACH FAMILY:

<https://forms.gle/BWbtJjiydwa8qSAX9> by March 26th



Games and babysitting will be provided parallel to the program. No part of the schedule is mandatory and the participants can freely and spontaneously choose between the schedule for adults, kids activities, private sessions with counsellors/therapists or free time.

## SESSION LEADERS

Each therapist will lead 2-3 group sessions with hands-on activities, teaching you methods to increase harmony in your family. In addition you can approach them during the workshop and find out possibilities for private counselling during and/or after the family retreat. All of them offer a free try out session and are also available over video call after the retreat.

### VIGDIS PARKINS

is working as an accountant and as a personal development trainer and a certified NLP practitioner. She has researched and explored the power of the mind from many different angles over the last 40 years, and whether it was science, quantum physics, religion, spirituality or new age, there are certain common denominators which I share in my courses and seminars. [imaginationorg.com/self-improvement](http://imaginationorg.com/self-improvement)

Topics at the retreat:

Both positive and negative imagination starts off the creative process: Uncover if you are victim of your own thinking processes. Important learning about the nature of energy.

The conscious and the unconscious mind's relationship: How to become aware of the undercurrents that run your life.

How to connect with your inner dreams and set goals that work.

### MARGOTH T. KALSTAD

has been working as a certified gestalt therapist since 2008 and Nonviolent Communication (NVC) is one of many fields in which she holds a degree. Through the gestalt process, clients become more aware of how their own negative thought patterns and behaviors are blocking true self-awareness and happiness. [imaginationorg.com/therapy](http://imaginationorg.com/therapy)

Topics at the retreat:

Introduction to Gestalt therapy and Non-violent communication

Game: »no foul sone«

### JANINE FÖRSTER & JONATHAN MAKKONEN

are self-employed social education workers with certificates in e.g. Multy-Family Therapy, "Familie im Mittelpunkt" (modeled after HOMEBUILDERS - IFPS) and systemic therapy. Their methods are also based on the theory of attachment and NVC. [dasrelationship.com/ueber-uns](http://dasrelationship.com/ueber-uns)

Topics at the retreat:

Applied Attachment Theory

Anger and Aggression Management

Communication und relationship improvement

### HEIDI MAYR

holds a diploma for counseling of families, partnership and education. She does couple counseling and parents advising. She worked for 10 years in a social association which is connected to the governmental Youth and Family Office.

Topics at the retreat:

The three aspects of a balanced upbringing of our children.

Parenting styles and what is the outcome, and where does our upbringing go.

We have to rethink where our education is aimed.

### MING NIKU

is the director of Spånga Wellness Health Center in Spånga, Stockholm, Sweden. Her speciality is Integral Craniosacral Biodynamics Therapy (Integral-CST) in seeing body-mind-spirit as an thorough oneness. She is skilled in fields such as Traditional Chinese Medicine, Yoga, Zhineng Qigong, Holism and several manual therapies. [www.spangafriskvard.se](http://www.spangafriskvard.se)

At the retreat she and members of her team will lead the morning sessions (Qigong, gentle exercise) and offer individual treatments Craniosacral Therapy parallel to the program.

### Tentative schedule - last update 07.02.2020

	Thursday 9.4.	Friday 10.4.	Saturday 11.4.	Sunday 12.4.	Monday 13.4.
6.00-8.00		breakfast	breakfast	breakfast	breakfast
8.00-8.45		10min reading gentle excercise Ming	10min reading gentle excercise Ming	10min reading gentle excercise Ming	tidy up
9.00-9.45	arrival	group session Vigdis	group session Margoth	group session Joni&Janine	departure
9.45-10.15	arrival	snack break	snack break	snack break	departure
10.15-11.00	arrival	group session Vigdis	group session Margoth	group session Heidi M	departure
11.00-11.15	arrival	break	break	break	departure
11.15-12.00	arrival	group session Vigdis	group session Joni&Janine	group session Heidi M	departure
12.00-14.00	arrival	lunch break	lunch break	lunch break (Easter lunch)	departure
14.00-15.00	arrival	activity with kids	group session Joni&Janine	activity with kids	departure
15.00-15.30		fika break	fika break	fika break	
15.30-17.30	arrival	Sauna for women	activity with kids	activity with kids	departure
17.30-20.00	welcome dinner break	dinner break / sauna for men	dinner break	dinner break	
20.00-22.00	adult time get to know free talk	adult time	adult time	adult time	

