



Seven Powerful Steps to Self Care

Presenter: George Daranyi

Saturday, May 27, 2006

St. Francis in the Foothills United Methodist Church

Main Hall

Swan/River, Tucson, Arizona

9:00 AM - Registration

9:30 AM - Program begins

Noon to 1:00 PM - Lunch (provided)

3:30 PM - Program ends

4:00 PM - Departure

About the Workshop: Adults interested in beginning or furthering their commitment to self care will be well served by this experience. The workshop uses and integrates a variety of sources and disciplines including: 12-Step Recovery, Jungian Shadow Work, Eastern Spiritual Practices, and elements of Spiral Dynamics. Mr. Daranyi also utilizes literature and poetry to teach various Self Care themes. Although it contains some cognitive components, the workshop is interactive, experiential and is intended to access deep emotional and spiritual levels. At the conclusion of the workshop, a participant will be able to answer these questions in the context of seven areas of Self Care: What are you committed to? And why? What are you not committed to? And why not?

About George Daranyi: An attorney since 1983, now in private practice in Tucson, Arizona (since 1998), Mr. Daranyi is also a certified leader of men's educational trainings for The ManKind Project, an international men's organization. Mr. Daranyi also coordinates interventions for persons in crisis. Since 1991, Mr. Daranyi has lectured and facilitated workshops, concentrating in the areas of Self Care, relapse prevention, spirituality and men's issues. He has worked with over 20,000 men and women. In 1999, he created the Seven Simple Steps to Self Care. For more information, go to www.georgedaranyi.com.

Registration Information: The fee for the workshop is \$125 per participant on the day of the workshop. Participants who register by May 17 will receive a discount of \$25. Lunch is included. Bottled water and snacks will also be provided. Payment may be made by cash, check or money order, only. To reserve your spot, mail your payment (with your contact info) by May 17 in the amount of \$100 payable to George Daranyi at PO Box 5807, Tucson, AZ 85703. For further information, call 520-318-4841, or send an email message to georgedaranyi@msn.com.

Please note: Mr. Daranyi will start and end the workshop on time. Please be punctual.