

# Faith Community Nurses of Southeast Florida



## Heal Your Heart, Renew Your Calling A 3-Day Spiritual Healing Retreat for Nurses Overcoming Compassion Fatigue Post-COVID

*"I will give you a new heart and put a new spirit in you" (Ezekiel 36:26)*

### About the Retreat

Are you a nurse feeling the weight of compassion fatigue after the challenges of COVID-19?

**Join us** - for a transformative 3-day spiritual healing retreat designed to restore your spirit, rekindle your compassion, and renew your calling. Rooted in scripture, such as Ezekiel 36:26-27 and Luke 5:17-26, this retreat offers a sacred space for nurses to heal from emotional exhaustion through guided meditations, prayer, and reflective practices like the Ignatian Examen.

### What to Expect

- **Guided Meditations:** Reflect on biblical stories like the Shunammite woman and the Good Samaritan to find peace and resilience.
- **Workshops:** Learn to set healthy boundaries, practice self-care, and manage traumatic memories.
- **Community:** Connect with fellow nurses in a supportive, faith-based environment.
- **Rest and Renewal:** Enjoy serene surroundings, nourishing meals, and time for personal reflection.



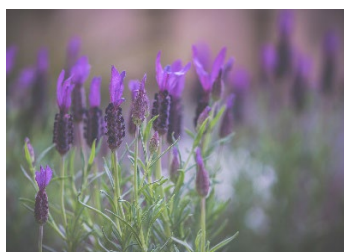
### Retreat Details

- **Dates:** January 9 – 11, 2026
- **Location:** Our Lady of Florida Spiritual Center, 1300 US-1 North Palm Beach, FL 33408
- **Cost:** \$850 (includes lodging, meals, and materials)
- **Scholarships:** Limited scholarships available

**Facilitators:** Fr. Dr. Gabriel Ghanoum, PsyD, BCC, Diane Esposito, Ph.D., APRN-BC., Wendy Harper, M.Ed., RN., and CAPT (Ret.) Deirdre Krause, Ph.D., APRN, FNP-BC

### Who Should Attend?

Nurses of all specialties experiencing compassion fatigue, seeking spiritual and emotional renewal to continue their vital work with strength and heart.



### Join Us

Rediscover your inner light and reconnect with your sacred calling. Register today to reserve your spot in this life-changing retreat. Limited spaces

**For more information: [www.fcnsf.org](http://www.fcnsf.org)**

