

AIR Certification Training - Pilot - Fall 2023

Friday, October 20, 2023 from 2:30pm - 8:00pm Location: Hirsch Wellness Network, 1250 Revolution Mill Drive, Suite 130

Park in the large visitor parking lot or along the road on Revolution Mill Drive if spaces are available.

2:30 - 3:30pm

Clay Thornton, Executive Director, Hirsch Wellness Network

- Certification overview, introductions, and housekeeping

3:30pm - 7:45pm

Donna Anthony and Kim Goldstein - We're All Just Walking Each Other Home, A SoulCollage Experience

5:00 - 5:45pm - Dinner break

In your journal respond to one or both questions:

What worries, fears or concerns do I have about being with individuals as they are receiving treatment or in the cancer center?

Or

What supports my intuitive and creative process, and how does this relate to being an AIR at the cancer center?

7:45pm

Conclusion

Saturday, October 21, 2023 from 10:30am - 4:00pm Location: Cone Health Cancer Center, 2400 West Friendly Avenue, Alight Conference Room

The best way to access the room is through the healing garden at the the Wesley Long Healing Garden. Park in the regular parking lot and walk toward the entrances to the cancer center and the hospital. Someone will be there to point the way to the room. If you feel lost call Kim's cell at 336-337-9197.

10:30am – 1:00pm

Meredith C.F. Powers, Ph.D, MSW, Associate Professor UNC-G and Ali Brown - Ecosocial worldviews, Ecotherapy and eco art

1:00pm - 2:00p - Lunch Break

In for pairs or trios discuss - What are some elements from Soul Collage yesterday and the work done with Meredith and Ali today that you could imagine being part of your tool kit as you work with people at the cancer center and take care of yourself too?

2:00pm – 4:00pm

Susan Poulos - Mindfulness meditation

Wednesday, October 25 from 3:30pm - 8:00pm Location: Cone Health Cancer Center, 2400 West Friendly Avenue, Room 2-024

You can park in the regular parking lot at the Cancer Center and this room will be on the second floor.

3:30pm - 6:00pm

Lauren Somers, Manager, Alight Integrative Care, Cone Health Cancer Center - Everything you need to know about Cone Health Cancer Center

6:00 - 6:45pm - Dinner break

In pairs or trios, discuss what your creative strengths are and come up with a list of activities you can imagine doing as an AIR one on one in the infusion room and in a group either in the cancer center lobby or as a class at Hirsch Wellness.
Hirsch content

6:45 - 8:00pm

Louise Grape, Founder, Hirsch Wellness and Kim Yarbray, Program Manager, Hirsch Wellness - Historical overview and AIR Future

Monday, October 30, 2023 from 3:30pm - 8:00pm Location: Hirsch Wellness Network, 1250 Revolution Mill Drive, Suite 130

Park in the large visitor parking lot or along the road on Revolution Mill Drive if spaces are available.

3:30pm - 5:00pm

Meredith C.F. Powers, Ph.D, MSW, Associate Professor UNC-G - Communication with Difference and Connection in mind

5:00pm - 6:00pm - Dinner break

In your journal, write one take away and one question you have from the certification training and then share with a neighbor or two.

6:00pm - 8:00pm

*Louise Grape, Founder, Hirsch Wellness and Kim Yarbray, Program Manager, Hirsch Wellness -
Moving forward*