

# Dromantine Retreat and Conference Centre

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The following retreat and workshops will be offered by Father Hugh Lagan SMA in October and November 2021. Father Lagan is a priest with the Society of African Missions and a chartered clinical psychologist. He has led workshops internationally on psychological and spiritual well-being, trauma and resilience.

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## Called By A New Name

**REFOCUS, RECHARGE AND RECONNECT IN A POST-PANDEMIC WORLD**

This past year has been like no other. As the world slowly emerges out of its prolonged isolation and looks to the future with hope, this preached retreat will create a sacred space in which participants can slow down, pause, and reflect on the pilgrim journey they have walked with God over the past several months.

**SUNDAY 03 OCTOBER (5PM) - FRIDAY 08 OCTOBER (9.30AM)**

**£ 420 / € 490**

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## Hello You

**FINDING THE JOY, PURPOSE AND HAPPINESS YOU DESERVE**

This workshop will provide participants with the tools to gain deeper self-awareness, self-understanding and self-acceptance. We will explore fun and creative ways to get to know yourself and others better, build more fulfilling friendships, discover invigorating life choices, find joy in the everyday and face the inevitable challenges of life with confidence and optimism.

**MONDAY 18 OCTOBER (5PM) - THURSDAY 21 OCTOBER (2PM)**

**£ 280 / € 325**

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## Broken Open

**HOW DIFFICULT TIMES CAN HELP US GROW**

In this workshop, participants will learn how to respectfully navigate loss, bereavement and trauma so as to foster greater resilience, allow woundedness to awaken compassion and reconnect again with life through the gifts of acceptance, healing and hope.

**FRIDAY 19 NOVEMBER (5PM) - SUNDAY 21 NOVEMBER (2PM)**

**£ 200 / € 230**

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### ENQUIRIES AND RESERVATIONS

Dromantine • 96 Glen Road • County Down • Northern Ireland

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