

Lassen Retreat House

Debriefing, Training, and Rest for International Workers in the Mountains of Northern California



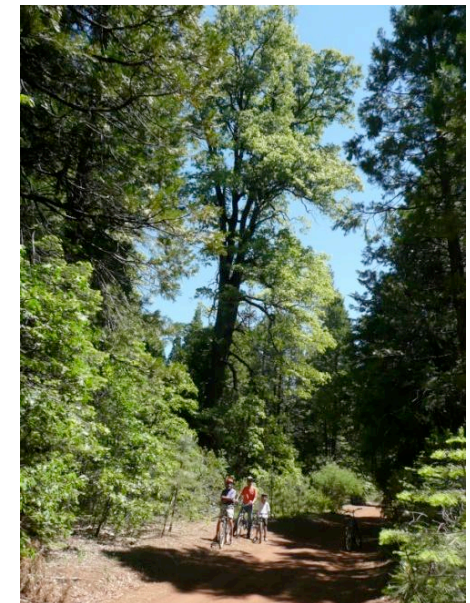
Lassen Retreat House

is the ideal setting for international workers to

- ✚ pursue personal spiritual growth and restoration
- ✚ debrief both routine and traumatic events and stressors
- ✚ process troubling issues from the past and current life situations
- ✚ receive intercultural adjustment and stress management coaching to enhance intercultural life competencies
- ✚ receive training on life and relational skills such as communication, conflict resolution, forgiveness and trust building, decision making, or other topics tailored to individual need
- ✚ all in a comfortable, confidential, and professional setting
- ✚ come for a few days or a week

Lassen Retreat House

is located in the Cascade Mountain Range near *Lassen Volcanic National Park*. Lassen Park is known as California's hidden treasure. *Sunset Magazine* calls it "the West's most beautiful, least visited wonderland". The area offers beautiful hiking, fishing, Nordic skiing, snowshoeing, bicycling, camping, wildlife observation, and other outdoor activities to refresh the mind and body, as well as ample opportunities for solitude, reflection, and contemplation in the natural beauty of God's creation.



A five minute walk from the retreat house finds you in the woods, with miles of hiking and mountain biking trails through forest and over stream before you.

Your Hosts, Bob and Nancy

will warmly welcome you to Lassen Retreat House.

Having lived in the Middle East for many years, providing spiritual and emotional support to international personnel, Bob and Nancy understand the stressors, needs, and issues faced by those working in international settings or serving those who do.

In addition to theological training, Bob has two Masters Degrees, in Psychology and Counseling, and worked for several years as a therapist in Northern California before he and Nancy moved to the Arabian Peninsula in 2000 to serve the international community there.

Nancy is a lay counselor, seminar teacher, debriefer, and certified intercultural adjustment coach.

Together Bob & Nancy have extensive experience providing counseling, coaching, teaching, trauma care, and crisis debriefing after both natural and manmade traumas and disasters to international personnel. They are also leadership consultants, helping leaders develop community care policies and address community care issues as they arise on the field in addition to training other community care providers to care for international workers.



We Provide

international workers with spiritual encouragement, emotional support, and training on interpersonal skills, spiritual growth, and team building.

We desire to assist and strengthen international workers so that they can be most effective in their personal calling: living in intimacy with God, reflecting the Father's heart and will in the communities they serve, and enduring and prospering there spiritually and emotionally for the long term.



Lassen Retreat House

provides a warm and welcoming environment, guest rooms with personal bath facilities, home cooked food to accommodate personal preferences and dietary needs, and space both inside and out for enriching conversation or personal reflection and solitude.

Lassen Retreat House is 25 miles east of Redding and Redding Regional Airport and a 4 ½ hour drive north of San Francisco.

For more information
please contact us at
sozocare@yahoo.com

We hope to see you
soon!

Bob and Nancy