

# THE TOMMY CORRAL MEMORIAL FOUNDATION

PRESENTS



## RESTORE & RESILIENCE RETREAT

**OCTOBER 22 - 24, 2021**

Join us for a three-day, full immersion resiliency women's retreat. Here you will strengthen your resilience through enabling self awareness, mindfulness, and the development of positive relationships.

The retreat will empower survivors of trauma and grief while providing a variety of trauma informed skills. Programs are led by an array of community leaders and advocates.



EARLY BIRD RATES -

REGISTRATION BEFORE 9/1/21:

\$99 for programming only or \$200 for programming and overnight bunk accommodations

REGISTRATION AFTER 9/1/21:

\$150 for programming only or \$225 for programming and overnight bunk accommodations

FINANCIAL SCHOLARSHIPS  
AVAILABLE UPON REQUEST.



**RESERVE YOUR SPOT!**

[tinyurl.com/restoreresiliencerkfd](https://tinyurl.com/restoreresiliencerkfd)

**WALCAMP RETREAT CENTER, KINGSTON, IL**

For questions or accommodations: 815-519-1430

## Presenting Speakers



### **Dr. Elisha Robinson**

*Board Certified General Surgeon, Fellowship Trained Breast Health Specialist, Natural Health Practitioner and Holistic Nutrition Practitioner*

Dr. Elisha Robinson, founder and director of Integrative Healing Center, is so ecstatic about being able to take part in your healing journey. Her journey began in her youth. Her mother was a farmer from Tennessee, and her father studied

herbal therapies. Naturally, holistic healing was a part of her upbringing.

She wanted to make a difference, so she entered the world of medicine, receiving her medical degree from the University of Illinois, College of Medicine. She is a Board Certified General Surgeon and completed her residency at Michigan State University. She subsequently completed a Breast Surgery fellowship at Christ Advocate Hospital and fights breast cancer head on.

She didn't stop there because she felt that something was missing. Knowing that the key and foundation to complete healing is in the body itself, she became a Natural Health and Holistic Nutrition Practitioner. She also has completed certification in Autologous Adult Stem Cell Therapy and not only treats breast cancer, but all chronic conditions as she treats the whole patient.



### **Xavier Whitford**

*Mental Health First Aid Instructor, Certified Health Coach, NAMI Board Member, Public Speaker, Mental Health Advocate*

Xavier Whitford is the Founder and Executive Director of the Tommy Corral Memorial Foundation, a nonprofit organization that provides supportive services, in our community, for mental illness and suicide. As a Mental Health First Aid Instructor, she arms communities with individuals who are now trained to handle a mental health crisis. As a facilitator for teen and young adult groups, she encourages those living with mental illness to meet with others to support each other. As a board member for the National Alliance on Mental Illness (Northern Illinois), she helps align efforts for outreach to those living with mental illness. Her personal story of suicide loss and PTSD, tireless commitment, and passion to improve awareness, education, and build resilience around these topics has made her a powerful advocate.



**Rhonda Torossian, *Nutritionist***

My belief is that God has created the human body to have the ability to heal & repair itself from any “dis-ease.” God has given us all the plants we need to sustain our lives and God has given us every plant to help our body to heal & repair as well. Here at Pure Simple Self I want to educate you on the best way your body can get the best nutrition so you can see improvement in your life today.

## **Program Instructors**



**Heather Hall, *Qualified Mental Health Professional, Behavior Analyst, Certified WRAP facilitator, public speaker, and community activist.***

Heather is a passionate mental health advocate bringing over 10 years of experience with addictions, mental health, family counseling, group therapy, education, and case management for a variety of age groups and populations. We ALL have mental health! Our wellness journey involves addressing the physical, emotional, social, and spiritual areas of one’s life. Heather has lived experience with her own cancer battle which allows her the ability to connect with other cancer survivors. Heather currently works as a trauma therapist with at-risk youth and part-time with cancer patients.



**Marissa Ebert, *Licensed Clinical Professional Counselor, Alt Yoga Instructor***

Marissa Ebert is a Licensed Clinical Professional Counselor (LCPC) at Alternative Wellness Therapies, a Licensed Professional Counselor in Wisconsin (LPC), and a Registered Yoga Teacher 200 (RYT-200). Marissa realized that some of her clients needed more than just counseling sessions and some needed an entirely different approach to meet their mental health needs. So she opened Alt Yoga in 2018. The name stands for Alternative Yoga because Ebert’s style isn’t traditional. Her yoga sessions started with metal music, and have now evolved to include all different styles of music.



**Shiraz Tata**, *Psychologist, Meditation: A Wellness Practice.*

Shiraz came to the U.S. from India to get a doctorate in Counseling Psychology from SIU-C and then just kept moving up the state of Illinois to Rockford where she has lived for over 20 years! She is a Licensed Clinical Psychologist in private practice where she creates a safe space for people to share whatever may be weighing on their minds or hearts. She loves to facilitate discussions on diversity and all topics multicultural. She also enjoys teaching mindfulness and meditation classes.



**Tabatha Dougherty**, *Artist, Mixed Media Artist.*

Tabatha is passionate about all things art and love to teach and share different means of expressing ourselves through the art process.

**Kassidy Kurth**, *Reiki Therapist.*