

Pathways

A Healing Center

Calendar of Services: In-Person & Virtual Programming

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SPECIAL OFFERING



Home Therapies for Bladder & Pelvic Floor Health (Virtual)

Melissa Cathcart, L.Ac.

Thursday, July 14, 2022

3:00 PM - 4:30 PM



In-Person Programming

Pathways is offering select one-on-one in-person sessions (listings begin on page four). **Our building will be open to scheduled appointments only. Drop-in visits are not permitted at this time.** For the health of our community, those entering the building agree to follow specific safety precautions.

For more information on our guidelines and requirements, please visit our website:

<https://pathwaysminneapolis.org/home/features/in-person-guidelines/>

Virtual Programming

Pathways programming is offered virtually using the Zoom online platform. Please browse this calendar or visit our website, <https://pathwaysminneapolis.org/home/features/virtual-how-to/> for information and instructions.

Most of us hold too much tension in our bodies. The state of tension in our pelvic floor, the muscles around our genitals, influences the functioning of our bladder and intestines. Even if you tend to hold tension in other parts of your body, those larger muscles will inevitably pass their tension on to the much smaller muscles of the pelvic floor. This can cause or contribute to pelvic pain, urinary incontinence, constipation, IBS, or urinary or anal leaking. Stress management is terribly important in regulating pelvic floor symptoms. There are other things, too, that we can do at home to promote a healthy pelvic floor.

In this workshop, we'll demonstrate myo-fascial release of the pelvic floor; exercises for coordinating neuromuscular activity of the small muscles of the pelvic floor with the larger muscles of the thighs and hips; and a pose for relaxing the pelvic floor. We'll also explore balance and proprioception exercises as a means of improving the pelvic floor.

This is a free event, however, registration is required.

Visit: <https://tinyurl.com/mc071422> to sign up today!

Melissa Cathcart, L.Ac., presented a 9-hour pre-conference workshop at the Midwives' Alliance of North America annual conference in 2009 entitled "Bladder & Pelvic Floor Health". Since then she has taught a 3-hour class to patients. Having been a home-birth midwife for 16 years, her interest in the pelvic floor peaked when she found herself recovering from seven pelvic fractures after a motorcycle accident in 2006. Her subsequent struggle with urgency incontinence spurred her deep dive into pelvic floor rehab, including certifications in several manual therapies and in corrective exercise.

GETTING STARTED

- New participants are required to attend the ***New Participant Orientation***. This is an essential step before registering for sessions at Pathways. See below for information & available orientation session dates and times.
- Determine your category (see descriptions below).
- Following orientation, visit our web site: www.pathwaysminneapolis.org and click on the box: *Becoming a Participant* for detailed information on how to register online.
- All computer registration requests must be submitted by the 25th of each month to be included in the monthly random assignment process.

NEW PARTICIPANT ORIENTATION

This is an online orientation and welcoming for new Pathways participants. In this virtual session, our orientation facilitator will discuss the various services offered and the process for requesting these services. Our organization overview video will be shown and attendees will have the opportunity to ask specific questions at the end of the session.

1. New participants are required to attend an orientation session. It is an essential step before attending other sessions at Pathways.
2. These virtual orientation sessions are conducted over the Zoom online platform. Participants will need the Zoom app installed on their devices prior to the orientation. Visit www.zoom.us for more information about the app.
3. To register, please visit our website: www.pathwaysminneapolis.org/pathways-orientation
4. To cancel or reschedule an orientation session, please contact us at scheduling@pathwaysmpls.org.

Upcoming virtual orientation sessions:

- [Tuesday, July 5, 2022 - 3:00 PM - 4:00 PM](#)
- [Thursday, July 21, 2022 - 12:00 PM - 1:00 PM](#)
- [Monday, August 1, 2022 - 4:00 PM - 5:00 PM](#)
- [Tuesday, August 23, 2022 - 1:00 PM - 2:00 PM](#)

PARTICIPANT CATEGORIES

Category 1

For persons with life-threatening physical illness (cancer, debilitating heart disease, HIV/AIDS, lymphoma, MS, ALS, transplants, etc.).

Category 2

For persons dealing with disability, pain and/or other symptoms related to a physical chronic illness, or physical injury (CFS, chronic pain, diabetes, lyme, etc.). This category is also designed for persons from Category 1 who have no advance in illness following one year of Pathways' services.

Category 3

For persons in recovery from stress and emotionally based concerns related to physical illness and for persons from Category 2 following one year of receiving Pathways' services.

We do not offer services directly addressing mental illness and can refer those looking for professional mental health services to other mental health organizations.

Category Status is self-identified. However, if you have been a Category 1 or 2 for one year without any advance in illness, we ask that you change your category to the next lower level. This allows the newly diagnosed or those with advancing illness to have the highest priority. Caregivers may choose to select the same category as the person they are caring for.

SCHEDULING PROCESS

Participants request sessions every month for the following month's programming.

- Participants who submit their session requests by the 25th of each month will be a part of our monthly random assignment process. Higher assignment priority is given to participants with a category 1 or 2 designation.
- If assigned to sessions during the randomization process, a participant will receive an automated e-mail instructing them to log into their account and review their *View My Scheduled Sessions* page. This page lists all sessions to which a participant was randomly assigned. Sessions that a participant requested, but were not assigned to, will appear on the *View My Waitlisted Sessions* page.
- Participants are required to confirm or cancel their attendance for each of their assigned sessions. Sessions may only be confirmed within the 5 days prior to a session's scheduled time. However, participants may cancel their session attendance at any time during the month.
- Not all group sessions fill to capacity. Requests made following a monthly randomization automatically add a participant's name to a session waitlist. Waitlists are used to fill open spots and last minute cancellations.

PARTICIPANT-FOCUSED CARE

We strive to provide holistic resources through hospitality, a healing environment, and administrative & programming excellence. How are we doing? We invite you to complete an online evaluation form: www.surveymonkey.com/r/PathwaysSessionEvaluation or email us directly at scheduling@pathwaysmpls.org.

Statement of Purpose:

Pathways provides programs designed to support a creative healing response to illness.

Pathways' Services are Free.

Financial donations and/or volunteer contributions of your time are greatly appreciated and considered an essential part of one's healing journey.

Pathways does not advocate, support, or practice unlawful discrimination based on age, ethnicity, gender, national origin, disability, race, size, religion, sexual orientation, or socioeconomic background.

Session Symbol Key & Definitions

- One-to-one session: 
- Group class session: 
- Series: 
(please attend all sessions)

PATHWAYS SCENT-FREE POLICY

Many Pathways participants are chemically sensitive, and/or who have compromised immune systems. We wish to minimize as best we can the presence of scented products.

To reach this goal, the following are not allowed within the building and property:

- The use of perfume, cologne and/or essential oils
- The application of any body products while at Pathways except fragrance-free lotion
- Smoking and tobacco products

In order to be in compliance, no application of perfume, cologne and/or essentials oils should be made to your body, hair, and/or clothes for twenty-four (24) hours prior to your attendance at Pathways. The attention and cooperation of all Pathways participants to eliminate the use of perfume/cologne and smoke and/or the after effects of smoke on body, hair and clothes is expected.

The Pathways building was constructed in 1993 with concern for air quality and user sensitivity. Pathways uses green cleaning products.

IN-PERSON ONE-TO-ONE (1-1) SESSIONS

(Listed alphabetically by session title)

1-1 Custom Qigong: Finding The Healer Within (In-Person)*Laura Thorpe*

Wed., July 13, 27, Aug. 17

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Discover your Healer Within. Participants will be guided by ancient methods of mindful movement, breath-work, visualization and tapping/self-massage. These simple wellness exercises wake up the body's own internal healing resources. It is deeply relaxing, fun and strengthens the body and mind. Maximize your body's function by cultivating energy with specific exercises that stimulate your organ systems for renewed vitality.

Ensofic Reiki (In-Person)*Sarah Smriga*

Tues., July 12, 19, 26 (3 Session Series)

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

The ray of Ensofic is the highest vibration of energy. It is pure, radiant light. When this energy is used for healing, it helps to reduce pain, detox the body, bring more light and integrate healing in the body. It works with any medical treatment to bring greater balance. **(Multi-Session Series)**

Healing Touch & Reiki (In-Person)*Liz Flavin*

Wed., July 6, Aug. 3

2:00 PM - 3:00 PM

3:15 PM - 4:15 PM

Healing Touch and Reiki are heart centered, nurturing energy therapies that support the body's natural ability to heal. You will be asked to set a healing intention for the session. Then the practitioner will use gentle hands on and/or hands off techniques to balance your physical, mental, emotional and spiritual well-being.

Individual Acupuncture (In-Person)

Mon., July 11, 18, 25 (3 Session Series)

1:00 PM - 2:00 PM

Mon., Aug. 1, 8, 15 (3 Session Series)

2:00 PM - 3:00 PM

3:00 PM - 4:00 PM

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Participants typically remain fully clothed during the treatment and will be appropriately draped where necessary. Please wear loose, comfortable clothing. **(Multi-Session Series)**

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.

Massage (In-Person)

Fri., July 1, 8, 15, 22, 29, Aug. 5

9:45 AM - 11:00 AM

11:30 AM - 12:45 PM

1:45 PM - 3:00 PM

Depending on the massage therapist's training, sessions may include Relaxation/Swedish Massage, Clinical Massage, &/or Reflexology. When receiving relaxation or clinical massage, scent-free oils, lotions, or creams will be applied to the body to allow your muscles to be massaged without causing excessive friction to the skin. Participants may choose to undress to their comfort level for the massage. Whether experiencing reflexology, relaxation or clinical massage, Participants will be asked if they have any medical conditions, injuries, or medications that may affect the course or outcome of the massage.

In conjunction with the Massage Therapy program at Northwestern Health Sciences University.

Shiatsu Massage (In-Person)*Mary LeSourd*

Thurs., July 28, Aug. 25

2:00 PM - 3:00 PM

3:15 PM - 4:15 PM

Shiatsu Massage restores a person's energy flow by applying pressure to the 'meridians' or energetic pathways throughout the body. The session is received fully-clothed (please wear loose fitting clothing) and includes stretching, breath awareness, and pressure through the hands, elbows, knees and feet. Shiatsu balances the circulating life force of "Qi", bringing the mind-body-spirit back into a harmonious state.

Soul & Energy Based Healing (In-Person)*Tim Hanson*

Tues., July 5, 19, Aug. 2, 16, 30

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Soul & Energy Based Healing invites you to relax on the bodywork table or remain seated in a chair, fully clothed. This energy work will facilitate movement in the energy body based on the needs of your soul, your intent or the present moment. You will gain a measure of insight into and release from anxieties, tensions, grief, fear, pain. You will have the option for discussion of the experience at the end.

SoulCollage Coaching (In-Person)*Laura Thorpe*

Wed., July 6, 20, Aug. 3

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

One to one guidance with your SoulCollage process. Ask questions about the suits, how to have them assist in guiding you, how to use your cards and deck, how to expand the process, whatever you would like to explore. If available, please bring your collaged cards with you. While it isn't 100% necessary, it would be a great benefit to explore your images in front of you.

IN-PERSON ONE-TO-ONE (1-1) SESSIONS (CONT'D)

 **Spring Forest Qigong Energy Balancing (In-Person)** *Norma Solstad*
 Thursday, July 7, Aug. 4 10:00 AM - 10:45 AM
 11:00 AM - 11:45 AM

Experience hands-off energy balancing using SFQ techniques to remove energy blockages which can be the root causes of illness and discomfort. This session will help you balance the Qi and enhance your physical, emotional and spiritual well-being.

IN-PERSON GROUP SESSIONS

(Listed alphabetically by session title)

 **Community Acupuncture (In-Person)**
 Mon., July 11, 18, 25 (3 Session Series) 1:00 PM - 2:00 PM
 Mon., Aug. 1, 8, 15 (3 Session Series) 1:30 PM - 2:30 PM
 2:00 PM - 3:00 PM
 2:30 PM - 3:30 PM
 3:00 PM - 4:00 PM



Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Community Acupuncture involves treating multiple participants at the same time in a large communal room. Each person will be socially distanced and rest comfortably in a reclining chair. If possible, please try to wear loose comfortable clothing.  **(Multi-Session Series)**

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.

VIRTUAL ONE-TO-ONE (1-1) SESSIONS

(Listed alphabetically by session title)

 **Completing Your Health Care Directive (Virtual)** *Gay Moldow*
 Tues., July 12, 26, Aug. 9, 23 1:00 PM - 2:30 PM
 Everyone should talk with a trusted person about their health care wishes. In MN, a completed health care directive can appoint an agent to speak for you if/when you cannot express your choices about your current and future health care treatment. The Honoring Choices form will be discussed and completed identifying your wishes and choice of agent.

 **Distance Reiki (Virtual)** *Cindy VanDrasek-Pai*
 Mon., July 18, Aug. 1, 15 9:30 AM - 10:00 AM
 Tues., July 5, 19, Aug. 2, 16
 Wed., July 6
 Reiki is positive, universal life energy that complements any medical regimen a person may be following. The Reiki energy is directed so it activates the energy spontaneously in response to the need. A name and date of birth will be requested so that the energy can be activated within the participant. When the session is complete, the provider will be available for feedback.

 **Guided Imagery (Virtual)** *Mary Ellen Kinney*
 Tues., July 19, Aug. 2, 16, 30 9:30 AM - 10:45 AM
 11:15 AM - 12:30 PM

During guided imagery we work together in a simple natural way to use the power of your mind/imagination in a positive way. If you have ever worried or planned anything, you know how to use your imagination. With guided imagery, we can simply tap into your inner resources to reduce anxiety or address feelings of fear, pain, anger or whatever you identify as an obstacle to being more peaceful. There is no wrong way to do it because it comes from your own inner wisdom.

 **Healing Touch (Virtual)** *Jim Taylor*
 Thurs., July 7, 14, 21, 28 & 12:00 PM - 12:45 PM
 Thurs., Aug. 4, 11, 18, 25 1:00 PM - 1:45 PM

We will begin this online session by discussing your healing request or intention. We will then disconnect and you will find a place to relax during the session. I will work within your aura/energy field to clear, balance, and energize your whole person - mind, body and spirit. At the end of the healing you may choose to reconnect to discuss the session.

 **Healing Touch (Virtual)** *Mary Johnson*
 Tues., July 12, 26, Aug. 9, 23 12:00 PM - 12:45 PM
 1:00 PM - 1:45 PM

This session will begin with an assessment of your situation and your healing process. You will then choose a comfortable place (couch, bed, or chair) where we can explore and experience guided imagery, deep breathing, and other practices that encourage relaxation and openness to your natural healing ability. The session will end with a gentle return to alertness and a sharing of perceptions.

 **Integrative Health & Well-Being Coaching (Virtual)** *Mary Dobish*
 Wed., July 6, 13, 20 11:00 AM - 12:00 PM
 Wed., Aug. 10, 17, 24

In this series, you will be supported in mobilizing internal and external resources to set and achieve well-being related goals and dreams. By the end of the series, you will have accessed your mind, body, and spirit and established small steps toward actualizing your personal well-being.  **3 session series**

 **Life Coaching (Virtual)** *Carla Beach*
 Wed., July 6, 13, 20 9:30 AM - 10:30 AM
 Wed., Aug. 3, 10, 17 10:30 AM - 11:30 AM

Life coaching begins with the recognition that you stand in the space of being a creative, resourceful and whole person. You have within you the answers to the issues in your life. Your coach will be your witness and guide for new awareness, supporting you in making resonant choices that move you toward finding balance and fulfillment.  **3 session series**

VIRTUAL ONE-TO-ONE (1-1) SESSIONS (CONT'D) **Too Much****Togetherness (Virtual)**

Mon., July 11, 25, Aug. 8, 22

Barbara McCleary

11:00 AM - 11:45 AM

12:00 PM - 12:45 PM

This session focuses on both listening and offering reasonable strategies to help relieve the significant stress related to day-to-day life. Whether it is you on your own, you and a partner, children, roommates, or a larger extended family with whom you live, trying to valiantly exist independently or co-exist with others can be a major challenge these days. In this session we will discuss setting reasonable expectations, and coping strategies. You will learn some new tools, and hopefully, leave feeling less overwhelmed.

 **Voice Healing (Virtual)**

Thurs., July 21, &

Wed., Aug. 24

*Myo-O Marilyn**Habermas-Scher*

9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

Enjoy receiving a vocal, vibrational healing that reflects your body mind and spirit, in this moment. You rest on a comfortable surface and relax into a receptive space, allowing your body, mind and spirit to vibrate and be vibrated. Healings are twenty minutes long with a check-in and a check-out on either end.

VIRTUAL GROUP SESSIONS

(Listed alphabetically by session title)

 **Adventure with Inspiration and Gratitude (Virtual)**

Wed., July 13, 27, Aug. 10, 31

Stephanie Siddiqui

9:30 AM - 10:30 AM

Let us gather in a virtual circle for an interactive inspiration and gratitude experience. Please join us for a grounding meditation, centering movement, positive music, pretty art, and inspiring words. We'll follow with a grateful discussion centered around a theme for deeper, heartfelt reflection. Taking notes on what you experience is encouraged.

 **Asking For Help Successfully (Virtual)**

Wed., Aug. 17

Kate Jackson

4:00 PM - 6:00 PM

Asking for help can be hard. This workshop offers a framework and exercises to help you explore ways in which you can consider asking for help differently in order to set both yourself - and who you are asking - up for success. Participants will need to have paper and pen available.

 **Chanting Our Own Songs (Virtual)**

Thurs., July 14

*Maia Twedt &**Anne Supplee*

4:00 PM - 5:00 PM

In this session we will listen to different forms of chanting and consider; what are the songs within you? What are the songs from your childhood? The songs you present to the world? What are the songs dancing around inside you but not expressed? Are there others you might join with in song? This session includes listening to chanting, guided meditation and group discussion.

 **Courageous Writers Group (Virtual)**

Tues., July 5, Aug. 2

Jeanne Bain

1:00 PM - 2:30 PM

Your personal healing journey has many colorful and interesting layers, some joyful, some painful, all very rich. We can infuse our words with humor and delight and at other times we can dig deep into our pain and discomfort. All types of stories are welcome here, as are writers at any level of experience.

 **Creative Journaling (Virtual)**

Fri., July 8, 22, Aug. 12, 26

*Kate**Wolfe-Jenson*

10:00 AM - 12:00 PM

Use creative journaling techniques to explore the challenges and gifts of living with illness. We will spend our time with journaling prompts, writing, sharing what we have discovered, and simple guided meditations. Topics will be suggested by participants of this group. Newcomers always welcome. Bring your journal and something with which to write.

 **Creative Journaling: Befriending Your Journey (Virtual)**

Thurs., Aug. 18

*Kate**Wolfe-Jenson*

10:00 AM - 12:00 PM

Has becoming ill detoured you from the life you planned? Health crises can rearrange your priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we'll explore our journeys and uncover kind practices and promises that can invite resilience and move you toward self-compassion and joy. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.

 **Creative Journaling: Befriending Your Mind (Virtual)**

Thurs., July 21

*Kate**Wolfe-Jenson*

10:00 AM - 12:00 PM

Are you sometimes beset by fears, anxiety and other negative emotions? Learn how your journal can become a tool for practicing self-compassion. We'll use simple creative journaling and meditation techniques to greet emotions with gentle curiosity that moves us toward healing. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.

VIRTUAL GROUP SESSIONS (CONT'D)

 **Exploring Isolation & Connection (Virtual)**

Mon., July 25, Aug. 22

Why are our relationships so vital to our emotional and physical well-being? Is there a difference between isolation, solitude & loneliness? If I am alone, does it mean I am lonely? How come I feel so alone when I am in this crowded house with my whole family? Are technology and social media bad for me? What is meant by quality interactions? How can I build new connections? In this group, we will explore these questions and more.

Barbara McCleary
2:00 PM - 3:15 PM

 **Gentle Yoga (Virtual)**Wed., July 13, 20, 27, &
Wed., Aug. 3, 10, 17, 24

Explore a soft flowing yoga practice linking breath, body and movement. Learn to nurture your mind and body as you hold poses, allow yourself to be still, and let go. Deep breath work as well as poses with modifications will be built in to create both energy and relaxation. Each week we will uncover a new theme and relate it to the practice. Please have any yoga props available like blocks, a cotton blanket, or if not a towel.

Ramaa Bhasin
9:30 AM - 10:45 AM

 **Grieving Our Losses (Virtual)**

Thurs., Aug. 4

Change requires adjusting to the loss and the grief. These are challenging times with many new losses. How can we manage through all of these losses, and all of the grief? We may be grieving on a micro and a macro level. We will explore our reaction to loss, how that impacts us and how we might go about healing. There will be a ritual at the end so we might practice "letting go".

Karen Greer
1:00 PM - 2:30 PM

 **Group Gyrokinesis (Virtual)**

Wed., July 13, Aug. 10

Gyrokinesis is a gentle, rhythmic movement practice that shares principals with tai chi and yoga. These group sessions meet you where you are, helping you to create space in the joints and length in the muscles, with the primary focus on articulation of the spine. Bring a stool or a chair and a mat. Wear comfortable clothing. Bare feet is preferred. Connecting via VIDEO is required.

Susan Gaines
1:30 PM - 2:30 PM

 **Guided Self-Massage for the Head and Neck (Virtual)**

Fri., July 15

Participants will be guided through a series of self-massage practices to address tension in the face, scalp, and neck. Some guided breath work will also be utilized. Participants may lay down or be seated during this session. Those with dry skin may want to have lotion or oil available.

Mollie Newhouse
10:00 AM - 10:45 AM

 **Holding Difficult Emotions with Kindness & Compassion (Virtual)**

Thurs., July 28

Learn simple tools to hold your inner and outer life with more gentleness, reduce stress and fear and promote a kinder way of being. Together we will explore and try on different ways to take care of ourselves during challenging times. Often just recognizing what our inner truth is can be the first step. Acceptance is not about liking how things are but simply recognizing how things are and how, out of that recognition, we can we respond with more kindness and compassion. Have some paper and colors (crayons, markers, etc) handy, for a simple written exercise.

Spruce Krause
10:30 AM - 12:30 PM

 **Intermediate Tai Chi Chih Practice Group (Virtual)**

Fri., July 15, 22, 29, Aug. 5, 12, 19

This intermediate Tai Chi Chih for Health ongoing group assumes fundamental knowledge of the Tai Chi Chih principles and circular, repetitive movements from introductory sessions. We will focus on deepening the experience of the basic 19 repetitive mindful movements, explore techniques for addressing physical and emotional challenges, and establish a foundation for integrating the practice into our lives.

Marlena Vernon
9:30 AM - 11:00 AM

 **Practical Wellness - The Art of Balance (Virtual)**

Wed., Aug. 3

In this session you will learn practical Wellness tools that outline the mind-body-spirit connection including: 1) Better understanding how breath, hydration, thoughts, emotions, activity, and nutrition affect our well-being; 2) Self-assessment and learning how to manage the above elements; 3) Better understanding how energies around us influence us and learning energy cleansing techniques. The tools provided will include breathing techniques, gratitude journaling, designing your own meditation, energy cleansing, and affirmations design.

Mariola Minta
1:00 PM - 2:30 PM

 **Reconnecting to Life After Cancer: Connecting To Your Physical Self (Virtual)**

Wed., Aug. 10

In this session we will explore three phases of healing that one goes through after treatment ends inviting compassion for where we are in the process. We will discuss body image and different MEDS (Mindfulness, Exercise, Diet and Sleep) that can assist us in (re)connecting to our body and regaining control, stability and strength as we move forward.

Kathy Washburn
11:00 AM - 12:30 PM

VIRTUAL GROUP SESSIONS (CONT'D)**Reconnecting to Life After Cancer: Enriching and Expanding Interpersonal Relationships (Virtual)**

Wed., July 13

11:00 AM - 12:30 PM

In this session, we will explore the different types of interpersonal relationships that you have and perhaps ones you are looking for after experiencing cancer. Different practices will be introduced offering insight and understanding that you are not alone. You will be introduced to the latest research on the many benefits of close relationships. We will discuss the different kinds of support available and focus on resourcing and resourcefulness in accessing what we need as we move beyond the cancer experience.

Kathy Washburn

Spiritual Handwriting with the Vimala Alphabet (Virtual)

Fri., July 15, Aug. 12

10:00 AM - 12:15 PM

Discover a soul-nurturing handwriting practice that can transform your life by connecting you with your authentic Self. This sacred technology has NOTHING to do with handwriting analysis and was not created to improve penmanship - it was created to improve lives! This introductory session will give you more than enough information to begin your own writing practice if you choose. Please have unlined paper, a pen and a stable writing surface for this session.

Shannon Poppie

Spring Forest Qigong Healing Circle (Virtual)

Sat., July 9, Aug. 6

11:00 AM - 12:00 PM

In Spring Forest Qigong Group Healing Circle, the participants will learn simple Qigong movements and be guided in Qigong healing meditation. Please wear comfortable clothes for Qigong movements and meditation.

Gadu Doushin

Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Mon., July 11, 18, 25, &

1:00 PM - 2:00 PM

Mon. Aug. 1, 8, 15, 22, 29

Gather to share Love Energy and receive energy balancing. You will be guided as you practice simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and may be done standing or sitting.

Barb Palmer

Tai Chi for Health (Virtual)

Wed., July 6, 20, Aug. 3, 24

Stephanie Siddiqui
9:30 AM - 10:30 AM

Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. Tai Chi for Health uses a stepwise progressive teaching method in each class. We spend 15 minutes on warm-ups or qigong movements, 15 minutes on stepwise instruction, 15 minutes of practice and 15 minutes of cool down and reflection. This program endorsed by many health organizations was started by Dr. Paul Lam.

The Enneagram and Our Health Journey (Virtual)

Wed., July 20

Kate Jackson
4:00 PM - 6:00 PM

The Enneagram is a self-awareness tool that offers insight into our thoughts, feelings, behaviors and motivations. This session introduces the nine personality types and how our type can impact the way we journey with health as well as how others (practitioners and loved ones) may perceive us. We will not be identifying individual Enneagram types in this workshop, but you can take this online test to get started on identifying your type if you'd like. <https://www.enneagraminstitute.com>.

Weekly Mindfulness Meditation Practice Session (Virtual)

Mon., July 11, 18, Aug. 8, 15, 22, 29

Cass McLaughlin
9:00 AM - 9:45 AM

Start this week mindfully with an online mindful meditation practice mostly using the practices from the Mindfulness Based Stress Reduction (MBSR) program. Participants will be guided to listen to what they need and/or use the time to support a ongoing practice.

Writing for Healing (Virtual)

Thurs., July 14, 28, Aug. 11, 25

Wendy Brown-Baez
1:00 PM - 2:30 PM

Writing is a way to access our inner guidance, fire up our creativity, and care for ourselves with compassion. We use a simple technique of spontaneous free writing. This means that we will be writing in short bursts of 6 - 7 minutes and sharing what we wrote, followed by supportive positive feedback. This is ideal for those with health challenges and care-givers. All levels of writers welcome.

Pathways Social Justice Equity Statement

We recognize that racial, gender, and social inequities in America make it difficult, if not impossible, for all people to access the healing services they need, including the services Pathways provides.

Pathways is committed to ongoing work, learning, service, outreach, and healing to better serve individuals and groups identifying as Black/Indigenous/People of Color (BIPOC), Lesbian/Gay/Bisexual/Transgender/Queer or Questioning/ Intersex/Asexual (LGBTQIA+), people with disabilities, and all others who are marginalized. All are welcome here.

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https://twitter.com/Pathways_Mpls



<https://www.youtube.com/user/MinneapolisPathways>

COMMUNITY.

HEALING.

RESOURCES.



Every Thursday we email a newsletter entitled: *Community. Healing. Resources.* This evolving communication contains an array of content designed to provide support, connection, comfort, and information to the Pathways Community.

[CLICK HERE](#) to sign-up for this newsletter or use the *Sign Up To Receive Our Newsletters* link on our website homepage: www.pathwaysminneapolis.org.

Archived copies of past newsletters are also available on our website: <https://pathwaysminneapolis.org/resources/community-healing-resources/>.

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Pathways' mission is to provide holistic resources and services for people with physical life-threatening or chronic illness - and their caregivers - to explore and experience complementary healing approaches.