

Taking Care of Ourselves and Others During Difficult Times

with Paul Norton and the
Mindfulness Community of Milwaukee

February 20–22, 2026

at the Christine Center
W8303 Mann Road
Willard, WI

In times of uncertainty, it is easy to feel ungrounded and overwhelmed. Many changes in our world can seem threatening, leaving us unsure of how to move forward. This retreat offers space to slow down, reflect, and explore practices that support resilience, healing, and compassionate presence.

Program Highlights:

Practices for grounding and resilience in challenging times
Reflection on personal and collective healing
Guidance on transforming struggle into growth
Supportive group sharing and contemplative space
Tools for extending compassion to others while caring for yourself

Prices start at \$289. Scholarships available.

Please contact the retreat center to make your reservation
715-267-7507 or email welcome@christinecenter.org

Find more information at: www.christinecenter.org