

Announcing  
**The 2nd Canadian Gathering Retreat for  
HIGHLY SENSITIVE PEOPLE**

(the 18<sup>th</sup> HSP Gathering Retrea™ since 2001)

June 11-15, 2010  
The Haven ([www.thehaven.ca](http://www.thehaven.ca))  
Gabriola Island, British Columbia

Special Guest (via teleconference) is Dr. Elaine Aron, author of  
The *Highly Sensitive Person: How to Thrive When the World Overwhelms You*

**Do you find yourself:**

Avoiding violent TV shows & movies  
Deeply moved by the arts and music  
Needing more sleep or solitude time than most of your friends  
Having a rich and complex inner life, and a unique spiritual life  
Possessing keen intuition and deep insight  
Easily over-stimulated by your environment  
Unusually compassionate, empathetic, altruistic  
Finding joy in simple things - nature, a view, flowers, rain, a poem  
*If you answered yes to any of these questions, then you are probably a HSP  
and would benefit from joining us!*

**Purpose of the HSP Gathering Retreats**

- To value the trait of high sensitivity and its contribution to the world
- Address the needs of the highly sensitive person
- Develop a network of supportive communities for HSPs
- Advocate for HSPs to ensure their right to emotional, psychological, social and economic well being
- Foster the exchange of wisdom based on personal experiences
- Pioneer the "HSP movement" locally, nationally and internationally

**Registration & Information**

<http://www.lifeworkshelp.com/hspgatheringBC.htm>

[http://www.lifeworkshelp.com/RegFormBC10\\_June.pdf](http://www.lifeworkshelp.com/RegFormBC10_June.pdf)

Or Call Jacquelyn Strickland, Licensed Professional Counselor (970) 484-0840 (US)

or email at [womenoutdoors@yahoo.com](mailto:womenoutdoors@yahoo.com)

Grace Kerina, Gabriola Island, BC - [www.highlysensitivepower.com](http://www.highlysensitivepower.com)