

# Lively Up Yourself!

*Refresh, Rethink, Restore*

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A First Literacy Retreat  
for ABE and ESOL Teachers in  
Massachusetts

Friday, August 18, 2017  
10:00 AM – 5:00 PM  
Gloucester, MA

Are you an ABE or ESOL teacher in a non-profit adult education program? Are you feeling a little overwhelmed with ever-increasing teaching demands? Would you welcome a rejuvenation day shared with colleagues? Do you value the imagination, hearty laughter, and nature? Consider applying for participation in our first ever First Literacy Retreat for ABE and ESOL Teachers in Massachusetts.

## **What**

A First Literacy retreat for ABE and ESOL teachers in non-profit adult basic education programs in Massachusetts. A day for stress reduction, reflection, and creative expression.

## **Why**

To step away from the screen and revisit the imagination. To restore ourselves in mind, body, spirit.

## **How**

We will engage in expressive arts activities, creative writing, mind-body practices, nature exploration—all with an eye toward renewal and adaptation to classroom practice.

## **Where**

Lanesville Community Center, 8 Vulcan Street, Gloucester, MA, about one hour north of Boston. The Community Center—handicapped accessible—is located within a half mile of a community beach, a working harbor, hiking and walking trails, and lots of natural beauty.

## **How to Get There**

We are hoping people will carpool, and we'll facilitate that process. The Commuter Rail will be out of service this summer to attend to infrastructure repairs and federal safety mandates.

## **How Much**

Free! First Literacy will cover the costs of the retreat, including healthy morning snacks and lunch.

## **Who are the Retreat Facilitators**

Lenore Balliro, Director of Programs at First Literacy, and guest facilitators trained in mind/body practices and expressive arts. Participants will be encouraged to contribute their creative expertise!

## **What is the Selection Process**

The retreat is for ABE/ESOL teachers only. We will consider people who both teach and direct a program. Only two teachers per program are eligible to attend. We will try to balance geography, new/experienced teachers, and type of program. We are limiting the number to 20 participants, and we will maintain a waiting list.

Please go to [www.firstliteracy.org](http://www.firstliteracy.org) for an application form.