

### **Inquiry #1**

I'm writing you to express my interest in the retreat on June 27th through July 2nd. I am an RN and a frontline worker for a small rural hospital in Fruita, Colorado. Over the past year I have been working in a Covid unit. I feel grateful that I have the opportunity to serve my community as we heal through this pandemic.

I am a single mother of 3 daughters. In addition to working as a nurse I practice yoga and meditation. I find my practice grounds me and sustains me especially during these challenging times. If anything, my practice has deepened and hopefully that extends to those I care for.

I would love to attend your retreat. Being a single parent, I do not have the funds to fully afford to attend. If there is space or scholarships available, please let me know. I have received the Covid vaccine, so I do not pose a risk to infect others with the virus. Thank you so much for your time and consideration and have a beautiful evening.

### **Inquiry #2**

I hope you are enjoying this day. I am contacting you today about the care-provider retreat in June, and express my interest in any scholarships that may become available.

My name is REMOVED. I am Yuman Mission (California) Native, first generation college student, and currently completing my residency in Clinical and Neuropsychology at La Casa Family Health Center in Denver, Colorado. My residency during COVID has been extraordinary: I serve patients in a primary care clinic embedded in a Native and Hispanic-serving low-income housing project, individuals most affected by COVID-19 economically and biopsychosocially. While I feel dedicated to this work and serving my community, I have also experienced disparate impact of COVID, witnessing significant deaths of community Elders, supporting my parents (migrant workers, and mom with a progressive terminal illness) financially during this crisis, and working to complete my studies so that I can successfully matriculate this year.

I am a Psychology Resident at La Casa, an advanced practice professional and student, with limited financial resources (I earn 17\$ per hour as a student) and limited benefits under the student classification. I have been exploring expressive and creative therapies that would soothe the trauma, the exhaustion, and the fear that have permeated these last months and came upon Joyful Journey and this retreat. If any financial support becomes available please contact me. I would also be willing to consider a work exchange. For example, I have skills and experience in trauma-informed art therapy and would gladly facilitate small groups or individuals in this practice if this would allow for my attendance at the retreat. Thank you in advance for your time and consideration.

### **Inquiry #3**

I hope this email finds you well.

I was searching for retreats and hot springs over the weekend and came across Joyful Journey's upcoming Summer event: The Art of Well-Being: A Restorative Retreat. I wanted to reach out and communicate my interest to attend the retreat with assistance of cost, should the opportunity be available.

There is a major power in retreats - Re-setting, tending to self, and being surrounded by others with the same intention serve strongly into that power. Back in upstate New York, I used to attend artists retreats. I also hope to someday host and/or help with retreats by offering art therapy-focused directives to be able to provide what I've learned. I have not attended a retreat since being out in Colorado because they tend to be out of my budget. Sometimes I create my own solitary retreat, however being in a space with a community and not having to plan sounds like the ultimate need for me lately.

I saw that the restorative retreat is being held for caregivers and health care workers, which I think is such a lovely contribution after such an intense year. I have been working as a therapist and art therapist for teens and families at a youth residential treatment center for almost 3 years and this past year has definitely been the most taxing. I have been working diligently to take care of myself, however it often does not come easy. I am hoping I can attend your retreat as a way to rejuvenate, meet others who are relatable, and to experience different practices.

Thanks for reading and for your consideration.