



## BIOGRAPHIES: A MINDFUL HEART RETREAT

### **Pamela Gagnon da Silva, LCPC (Resilient Women, LLC)**

Pamela is a Licensed Clinical Professional Counselor (LCPC) with over 35 years of experience in community-based social services, specializing in the integration of trauma and other forms of adversity and oppression. She holds an M.A. in Integrated Community Mental Health and Substance Abuse Services, and certificates in Domestic Abuse Response, Mindful Meditation, and Dialectical Behavioral Therapy. Pamela is the founder of *Resilient Women*, a place of support and connection for women where she provides individual and group mental health therapy, self-discovery workshops, institutional advocacy, community round-table discussions, and peer-to-peer education for mental health professionals. She contracts as an adjunct professor and the campus Confidential Resource Advisor at College of the Atlantic. Pamela serves on the Executive Board of the Maine Counseling Association, and on the board of Finding Our Voices, a Maine grassroots organization uplifting the voices of female survivors of domestic abuse. Pamela is an avid outdoor adventurer and weaves her love of the natural world into her work as a clinician.



### **Jen Harry, Mindfulness Coach (Acadia Mindfulness)**

Jen is passionate about providing busy people with tools & practices to transform stress, enhance well-being, and promote flourishing in mind, body & spirit. This has led her on a continuous quest over the past twenty years to collect what she likes to call *Tools for Well-Being*. She offers individual or group sessions and workshops to the local community, businesses, and non-profits. Her work marries relaxation techniques, mindfulness practices, and the latest research from the field of wellness to help people slow down & de-stress to live fuller, more conscious, and intentional lives. Jen also runs Acadia Mindfulness Adventures, which weaves together her love of nature and passion for practicing mindfulness in real life. These outdoor adventures provide a practical opportunity to cultivate mindfulness whether you are just learning or want to deepen your practice through guided excursions on beautiful Mount Desert Island. Jen holds a B.A. in Psychology from Pennsylvania State University, certifications in the Methods of Japanese Psychology (2009), Applied Positive Psychology (2017) and Resiliency Trainer (2017) and is trained at the Center for Mind-Body Medicine in Washington D.C. to facilitate Mind-Body Skills Groups (2011).



### **Francie DePaolo Shepherd (The Foggy Bee)**

Francie, a certified, Florida bar-registered litigation paralegal has always been passionate about art, creativity, and nature. She left the corporate world in 2015 for semi-retirement with the promise of unpacking her inner artist. That process included reclaiming her sense of worthiness and accepting the reality of being in a dysfunctional, abusive marriage. After several years in a twelve-step program for friends and families, therapy, and trauma support groups, in 2022 Francie ended her marriage, relocated to Maine from Florida and started her best life. It took the following year to transform a half-built, awkwardly sized addition on a tiny vacation cottage into a warm, inviting place to heal, create and connect. The Foggy Bee is a waterfront retreat space and art studio on the water, with over 90 acres across the street to explore and absorb. Francie's personal discipline and commitment to living a purposeful life translates easily to creating meaningful experiences for others in a place she has personally found to be grounding, serene and restorative.

