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MARK YOUR CALENDAR!

The Next Step: Heal Your Heart

February 4-6, 2014 • Edmonton, Alberta

Confronting the Effects of Post-Traumatic Stress and Long Term Unresolved Loss on Our Families and Community as the Result of Residential Schools

The Residential School Experience has left many filled with anger, fear, resentment, a loss of trust, and feeling unsafe in their own communities. This unresolved grief disconnects our mind, body and spirit; it drains our energy, and brings conflict into our relationships.

Courageously, many have shared their stories and connected with others with similar experiences. Sharing may be helpful for a short time, but it does not resolve the long term pain and anger. Resolution is a skill that must be learned. It is a learning that will last a lifetime. These skills can be easily repeated over and over again. In fact these skills can be passed on to the next generation. The Residential School Experience has harmed many lives. If you are still coping with those negative effects, this Workshop is for you.

Edu-Therapy™ Solutions invites you to participate in “The Next Step: Heal Your Heart” in Edmonton, Alberta, and learn about pain resolution, dealing with the physical, emotional and spiritual aspects of loss.

A Clear Path to Finding Peace Within

- Identify what is actually causing the pain
- Resolve the ripple effect of grief and loss within relationships
- Overcome the sense of powerlessness, loss of identity and loss of self
- Resolve and improve relationships with others
- Learn tools to help move your life forward

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For more information or to register:

Toll Free: 1-866-496-3085 Ext.201

Fax: 1-866-496-8068

Email: HealYourHeart@GoToRegister.ca

Web: www.GoToRegister.ca/HealYourHeart

**If you are a caregiver or treatment provider working with Residential School Victims and wish to participate in experiential training Certification, visit our website for details at www.GoToRegister.ca/HealYourHeart*

Yes, I would like more information about the Workshop!

Full Name _____ Organization _____

City/Town _____ Province/Territory _____ Postal Code _____

Phone (____) _____ Fax (____) _____ Email _____

Please fill out and fax to 1-866-496-8068



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