

Give your wounded self a holiday

Navigating Grief and Loss in the Here and Now

November 15- 17, 2019

Experience a weekend retreat of peaceful exploration and tending of the soul through creative expression with Suzanne Clease & Sr. Ger Curran, FCJ.

This retreat is of special interest to anyone who is experiencing a significant transition or loss: relationship, employment, dreams or aspirations. The spirit of the retreat is making space for God through art, nature, meditation, and journaling. (Please note, this is not suitable for any one bereaved in the last 6 months).

What you can expect

- Feel a sense of safety and freedom to explore new ways of seeing life following loss.
- Find new ways to retrieve your life energy that allows you to navigate situations with a sense of peace.
- Take away a greater sense of self-awareness
- Experience your own calm center with the introduction of healing practices.

Allow yourself to dream forward

Gain appreciation and compassion for your personal story while engaging in a variety of processes that express life as it is for you.

Creativity helps to gain insights into fears and pain.

Creative expression serves to uncover strengths and sources of joy.

"Peace is the result of retraining your mind to process life as it is rather than as you think it should be." Wayne W. Dyer

Live-In: \$285.00 Commuter: \$185.00

Pre-registration required. MasterCard and VISA are accepted. Cancellation fees apply. To avoid cancellation due to low enrollment, please register at least 2 weeks prior to workshop starting date. To register by phone, please call (403) 228-4215 or email info@fcjcentre.ca

