

Institute for Healing of Memories- North America Workshop



There's a chair for you

Everyone has a story to tell and every story needs to be heard, acknowledged and respected. This is the first step to personal healing as well as healing of interpersonal relationships.

The Healing of Memories workshop is designed to help you remember and examine life experiences, especially traumatic ones, which negatively impact your life. The process involves telling your story in a safe, confidential and nonjudgmental space without roadblocks like shame, guilt or fear of hurting a loved one. When your story is heard, acknowledged and honored, you can take one step on your healing journey.

What: Healing of Memories Workshop

When: 5:00 pm Friday, January 10

2:00 pm Sunday, January 12

Where: ARC Retreat Community 1680 373rd Avenue NE Stanchfield, MN 55080

Cost: \$300 (\$40/% Deposit due at registration, 60% at Workshop)

To register online for the January 10-12, 2020 workshop go to <https://www.arcretreat.org/our-partners> or call ARC Retreat Community at 763-689-3540. For more information about Healing of Memories workshops contact Margaret at 612-518-6808 or email mdf1765@comcast.net.

