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Edu-Therapy™ Solutions Healing Your Heart

***Building Sustainable Mental Wellness
Through Integrated Treatment and Training
A Cognitive Behavioral Model of Grief Resolution***

Edu-Therapy™ in First Nations, Métis and Inuit Communities

Grief and possible traumas negatively effect our lives. Coming in waves, they have a cumulative effect that, if not acknowledged and treated, inhibits our ability to integrate in healthy ways and will continue to repeat themselves.

Physical reactions include:

- ◆ Numbness
- ◆ Separation
- ◆ Disengagement
- ◆ Hyperactivity
- ◆ Removal

Communities prepared with the *Edu-Therapy™ Process* are stronger and more resilient. We are all stakeholders of the collective grief and trauma experience. The *Edu-Therapy™ Process* creates a safe place to acknowledge, accept and integrate pain resolution processes – creating resiliency and long term healing.

GRIEF EDU-THERAPY™ TRAINING PROGRAMS

- April 16 - 19 Saskatoon, SK
- April 29 - May 2 Winnipeg, MB
- May 14 - 17 Edmonton, AB

**In-person training facilitated in accordance with Provincial Covid Protocols*

ALSO AVAILABLE! **Virtual Training and Private Community Based Certification and Treatment Programs**

With the isolation and loss occurring throughout the pandemic and the increase in mental health crisis, Edu-Therapy™ is in need more than ever. Train your team in the safety of your Community or Virtually online. Contact us today for details.



GoToRegister.ca/Grief

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