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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.

EDU-THERAPY™ TRAINING PROGRAMS

○ Nov. 23 - 26 (In Person).....Timmins, ON

○ Nov. 29-02 Dec. (In Person)....Winnipeg, MB

PROOF OF FULL COVID VACCINATION REQUIRED FOR ALL IN-PERSON TRAINING PROGRAMS

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.



**Edu-Therapy
Solutions**
Building Sustainable Mental Wellness

GoToRegister.ca/Grief

Toll Free: 1.866.476.0209

Fax: 1.866.430.8296

Email: Grief@GoToRegister.ca



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Indigenous Link, PO Box 109 Keewatin, ON P0X 1C0 Phone/ Fax: 1-866-440-7257