

Please make copies and post on your Community Bulletin Board



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.

FINAL 2022 CERTIFICATION OPPORTUNITIES

November 21 - 24 Virtual*

December 9 - 12 Winnipeg, MB

**Virtual participants must be able to commit to 4 full days of online training*

With the isolation and loss occurring in our current world, 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.

**Booking NOW for 2023 Private Certification Trainings
in your community or organization - call today!**

"I have been to other training sessions before, I was expecting the same old. I cannot express my gratitude at how Edu-Therapy made me feel safe about working with my own grief, I did not realize I had unfinished grief issues. The program is well designed to each individual or group, there is no maze to get lost in nor is it a band-aid solution. As an Aboriginal woman, they made me feel worthy of myself and understanding of my culture." - Annie B.



gotoregister.ca/grief

Toll Free: 1-866-476-0209

Fax: 1-866-430-8296

Email: grief@gotoregister.ca



This message delivered by Indigenous Link - Connecting with Indigenous Communities

To be removed from this distribution list, please visit www.opt-out.ca and enter Campaign Code 89

Mail to: 38 Auriga Drive, Suite 200, Nepean, ON, K2E 8A5

Phone/ Fax: 1-866-440-7257