

CMHA PRESENTS

HEALING FROM LOSS

Starting Sept 27, 2017
Ending Dec 6, 2017

Each Wednesday 1:30 to 3:00pm

In the CMHA Classroom

Facilitated by Christine Toppi and Lore Lee Fortin

Guidance through the Stages of Healing from Abandonment, Heartbreak and Loss:

- Overcome the heartbreak caused by the loss of love from divorce, breakup, or death, as well as the loss of a friend, a job, health, or dreams
- Heal the underlying abandonment wound from past or present losses
- Build self esteem and overcome the fear of rejection
- Resolve issues of mistrust and insecurity
- Identify the self defeating behaviors of the outer child
- Make better choices and build healthy new connections
- Increase the capacity for love

Please see CMHA reception to sign up or call 706 567 9596 ext 4238 and ask for Christine

