

# Edu-Therapy™ Solutions

*A Cognitive Behavioural Process for Healing Grieving Hearts*



## BUILDING SUSTAINABLE MENTAL WELLNESS THROUGH INTEGRATED TREATMENT AND TRAINING

- ♦ Edu-Therapy™ gives participants a stable cognitive process to help themselves, community and client base
- ♦ Once Certified as an Edu-Therapy Specialist, in as little as 6 hours per week, one Specialist can bring mental resolution of the pain and sadness caused by loss to over 200 people per year
- ♦ Trained teams can escalate these numbers adding to the resiliency of the Community

## HUMANS GRIEVE LOSS OR CHANGE OF ANYTHING HELD SIGNIFICANT

- ♦ Grief happens in many forms and has great potential to create emotional energy and negatively effect life
- ♦ Grief is an emotional experience that doesn't follow stages or a timeline... and it does not simply go away with time

## IT'S THE ACTIONS WITHIN TIME THAT REDUCE AND ELIMINATE PAIN

- ♦ Edu-Therapy™ Certification is unique training that's designed specifically to assist all who wish to help those with unresolved loss, deal with pain and reclaim a productive place in the mainstream of their lives

## WHO SHOULD ATTEND

- ♦ Mental Health and Wellness Workers
- ♦ Addiction Counsellors
- ♦ Educators and Youth Workers
- ♦ Family and Victim Service Workers
- ♦ All interested Groups and Individuals

**Help Yourself.  
Help Others.  
Help Your Community.**

## IN-PERSON 4 DAY TRAINING CERTIFICATION

**WINNIPEG, MB – SEPTEMBER 25-28, 2020**

**\*\*\* Club Regent Casino, Winnipeg, MB \*\*\***

**EDMONTON, AB – OCTOBER 2-5, 2020**

**SUDBURY, ON – OCTOBER 23-26, 2020**

Over the past few months, our entire team has been working hard so we can deliver this training safely during the pandemic. Certification Training will be offered with COVID-19 safety plan aligned with provincial regulations.

### VERY LIMITED SEATING FOR THESE PROGRAMS.

**Register online or call for more details**

Private Programs Available! We will come to your community – call for details.  
Watch for Virtual Training being offered soon!

*“ 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.*

## CONTACT

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