

Please make copies and post on your Community Bulletin Board

WHO SHOULD ATTEND: Mental Health & Wellness Workers; Addiction Counsellors; Educators & Youth Workers; Family & Victim Service Workers; All Interested Groups & Individuals

Edu-Therapy™ Solutions

HEALING YOUR HEART

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

Building Sustainable Mental Wellness Through Integrated Treatment and Training

A Cognitive Behavioral Model of Grief Resolution



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:

- Separation
- Disengagement
- Numbness
- Hyperactivity

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.

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 overall resiliency.

2023 CERTIFICATION TRAINING DATES

Winnipeg, MB February 10-13 **SOLD OUT!**
Toronto, ON February 24-27
Edmonton, AB March 3-6
Virtual April 24-27
Saskatoon, SK May 5-8

gotoregister.ca/grief | Toll Free: 1-866-476-0209 | Fax: 1-866-430-8296 | Email: grief@gotoregister.ca



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