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Retreat: Emotional Healing Retreat

Date: Friday January 20 - arrive between 2 and 4 pm, runs until Sunday January 22^h at 3 pm.

Location: Healing Haven is located at a confidential location in Prince Edward County, Ontario Canada

Who is this retreat for: If you have experienced trauma in your life including: physical abuse, emotional neglect, verbal abuse or sexual abuse of any type. Grief or loss, bullying, alcoholic or any kind of “olic” in your life. Have you been lied to, cheated on, made to feel not good enough? Do you suffer from low self esteem, do you not like yourself; do you feel unworthy or guilty all of the time?

Do you ask your self these questions, why am I alone? Why am I not worthy of love, why does not one want to be near me, why can't I find someone to love me? why am I sad all of the time. Why cant I just be accepted for who I am.

Why is it so hard for me to speak up and ask for what I need. Why do I avoid conflict and telling people what I need and want?

I just want to be happy and content and not alone. Why can't I please anyone. I am worried about how others see me; I am afraid of judgement. Everyone one else looks so happy. I can't get out of bed, I am drinking or eating too much to numb the pain. I can't remember what I did last night?

Then this retreat will help you begin the healing. Email for more information and have a look at our web site.

www.healinghavenretreats.com