



Healing Haven Retreats offer a unique opportunity for emotional healing with other women in a comfortably renovated farmhouse, where the healing process is guided in a therapeutic environment.

Healing from Birthing Trauma Retreat

Date: Friday November 18th arrive between 2:00 and 4:00 pm til Sunday November 20th at 3 pm.

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

Who is this retreat for: If you have experienced trauma in your life while giving Birth, this retreat is for you. In my experience, most women have experienced some kind of trauma from giving birth to a child. Did the you feel out of control? Does this experience still haunt you, cause you pain and emotional upset? Do you suffer from low self esteem, do you not like yourself; do you feel unworthy or guilty all of the time? This retreat will help you begin the healing.

What to expect: We will mostly meet in a group or circle format. At times we will break off into smaller groups.

Groups go through many stages traditionally called forming, storming, norming, performing and mourning. In my experience, there are many advantages to group work. When one person does a piece of work, everyone gets something out of it. This is a gift.

The other situations that may arise are triggers and transferences. We are often triggered by other people's behaviours and then develop transferences on them. This will be talked about more. I believe triggers are a gift for us. They allow us to become aware and then open up to do our healing work.

What the Retreat time will be made up of: The weekend will include yoga, meditation, rest, breathing exercises, and dancing. Each person will be invited to a do piece of work that explores their trauma in a therapeutic environment. We will have a fire, drumming, a releasing ceremony, and much more.

Cost:

\$600 early bird special

\$700 after November 1, 2022.

Please email healinghavenretreats@gmail.com to register. Please put in the subject line which retreat you are registering for. Payment is due upon registration.

What to bring: Each participant is asked to sign up to provide one full meal. The meal will be vegetarian and will be enough for 8-10 people.

2. A journal to write in, and music you may need, favourite items that bring you comfort. Comfortable clothes. Drums or rattles if you have them. Please bring items that help you sleep: Cpap machines, ear plugs, sleep aids etc.

3. Please bring a towel and if you have a favorite pillow or blanket, bring that as well.

Accommodations: This old farm house has been completely renovated, it has magically healing energies. We can accommodate 8-10 women. The rooms are shared with a combination of bunk beds, double beds, a day bed and queen size bed. There are 2 full bathrooms with deep bathtubs, a hot tub and, in the summer months, a pool. We are also close to a local beach if you would like to go for a swim there during one of our breaks. There is lots of parking, a fully equipped kitchen and dining area. A living room for discussions and a meeting room for circles. We also have the Womb room for meditations.

There is lots of space and places on the property to go off on your own for self-reflection as part of your healing process. We have a beautiful garden, vegetable garden and a pumpkin patch.

Confidentiality: Each participant must agree to an oath of confidentiality. Everything said shared or disclosed is confidential. This is imperative to create a safe therapeutic environment.

This Retreat will be facilitated by Diane Cassidy who is a Registered Psychotherapist, RN., Shaman, energy healer, Reiki master. Diane has been in private practice for 32 years. She has facilitated many workshops and retreats in her life and her latest project has been to create and develop Healing Haven. This came to her in a vision while she was in Egypt.

From time-to-time Diane will include some of her colleagues to assist with certain parts of the retreat.