



Healing Journey

January 12th, 2013 1:00pm—4:00 pm

Edgeworth Centre, Community Room #3

Intended Audience: people living with cancer, family members and significant caregivers.

Program Description

The Healing Journey is a multilevel program designed to guide and support people who want to actively engage in their own process of healing. Based on more than 25 years of research and practice, the course provides vital tools and support for deep psychological and spiritual exploration. The Healing Journey program offers simple, effective tools and strategies that, when mindfully practiced, support healing, harmony and inner peace.

Benefits and Impact

Research indicates that people who have cancer, or other serious chronic disease, benefit immensely when they belong to a group of like-minded people and engage in a physiological process of helping themselves. Published results include diminished anxiety and depression, a restored sense of control, and relief of symptoms such as fatigue, nausea, and pain. Consistently it is reported that as participants move through the profound spectrum of personal reflection and self expression they experience deep fulfillment and measureable healing.

What Participants are saying

"What a wonderful place for people to come together and heal. Wonderful volunteers, leaders and energy."

"I especially enjoyed our discussions and felt very safe in expressing myself."

"I am beginning to come to terms with my new life."

What to Expect at a Session

The Healing Journey is unique to each individual and this program provides a safe and sacred space for members to explore, share, question, listen and just simply be. Participants are guided toward self awareness and stress management with such powerful and effective tools as journaling, imagery, thought watching, goal setting, and meditative techniques. At every stage of the journey, participants are encouraged, supported and accepted. Sights are set on healing and the focus is deeply rooted in choice and possibility.

Facilitator: Cindi Reopell

Cindi is passionate in her efforts to support others in their process of 're-membling' and reconnecting with their authentic ways of being. A registered nurse of more than 36 years, and a self employed holistic nurse, she offers non-invasive, evidence-based modalities to complement and support the healing process.

Facilitator: Don Watt

Don has over 20 years leadership experience working with volunteer boards to create vision and fulfill goals. An ordained minister, and Certified Healing Touch Practitioner, Don facilitates Healing Journey, Tea Gathering, and more recently, a program of his own design, "The Ultimate Road Trip: a book discussion series."



A Journey of Wellness...

LIVING YOUR BEST LIFE
with Cancer and Beyond

WORKSHOP SERIES

Cost to attend is Free, but space is limited.
For information or to register , please call
780.608.4927, email info@camrosepcn.com
or visit www.camrosepcn.com.