

October 21st | 8 AM – 5 PM

2049 S Brentwood Blvd

\$360 per person

Springfield, MO 65804

THE RENEWAL PATH

This workshop is designed to assist participants in their journey of developing a deeper understanding of the impact of betrayal trauma, improve their tools for responding to partner triggers, access training in empathy and connection skills, and develop the ability to regulate their own emotions that arise when she expresses her pain. Workshop activities include education, open processing, experiential exercises, and homework. Snacks, coffee, and tea will be provided. Lunch will be on your own from 12pm-1pm. Our workbook will be "Help Her Heal" by Sheets and Katz. Please purchase before the workshop. Payment in full due by October 18th to reserve your spot. To register, please email Kayla Montgomery or Zachary Downs: kaylamontomery205@icloud.com or zdowns6@icloud.com

ALPHA OMEGA DELTA COUNSELING