Healing of Memories for All Veterans
October 18-20, 2019
Fort Tuthill Recreation Area
Flagstaff, Arizona

Includes TWO nights lodging, meals and program. Free to Veterans.

THE CONCEPT

The workshop is a response to the emotional, psychological and spiritual wounds inflicted by war, human rights abuses and other traumatic circumstances. It provides a safe place for participants to explore personal histories and gain insight and empathy for themselves and others.

WORKSHOP GOALS

Participation provides a safe experiential and interactive way to overcome anger, loss, grief and guilt and can be one step on the journey to healing and wholeness. It contributes to personal healing and healing of interpersonal relationships.

The First Night – The First Step Begins with 6pm welcome dinner. Opening session introduces the workshop concepts and provides an opportunity to meet each other.

The Next Day – Storytelling & Discussions
Individuals have time to share their experiences in small facilitated groups with an emphasis on safety, respect and confidentiality. Tonight is for relaxing together.

The Final Day – The Journey Continues
The group shares experiences, common themes and lessons learned. The first step has been taken on the rest of the journey and it is now time to look to the future.

Your Lead Facilitator for this workshop:

Lori Rubenstein, JD, PCC is a lead facilitator with the Institute for Healing of Memories-North America which offers workshops for people who have experienced or witnessed trauma. As an attorney, Lori found herself immersed in the legal system fighting a never ending battle of emotional pain and relationship retaliation. Today, as a mediator, author and coach, she now focuses on helping people heal from their relationship wounds through forgiveness, the cornerstone of all healing. She works with veterans and their spouses to find peace with their past, so they can step into a more fulfilling, joyful life. The workshop provides a sacred space for people to heal and mend their past as they transcend their own "stories." It offers participants a step toward inner peace which starts with self-love, acceptance, non-judgment and self-compassion.

To register and for more information about this workshop, its leaders, goals, concepts, plus other questions, contact Mike Wold, Navy Vietnam Veteran, 651-687-9767 michael_w_wold@msn.com.

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