HEALING OF MEMORIES WORKSHOP FOR WOMEN VETERANS

A safe place for participants to explore personal histories and gain insight and empathy for themselves and others.

This *Institute for Healing of Memories* workshop is a response to the emotional, psychological and spiritual wounds inflicted by war, human rights abuses and other life-changing traumatic circumstances. This life-changing workshop is proven to help participants learn ways to overcome anger, loss, grief and guilt. Not only is it a step on the journey to personal healing, but also it contributes to the healing of interpersonal relationships.

RAVES FOR HEALING OF MEMORIES

"I met a woman veteran who lives close to me. I can't wait to [connect] so we can support each other's emotional needs."

"I felt ... compassion comradery, community, non judgment."

"I got in touch with some deep emotions in the drawing session."

WHEN

Saturday, March 20, 2021
12:00 - 4:00 pm

WHERE

Online Live via Zoom

You will receive a zoom link upon registration.

COST

FREE to Women Veterans

REGISTER

Call (651) 687-9767

Mike Wold,
U.S. Navy vet & workshop coordinator

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.

Lori continues to walk with people on their healing journey through her work with Healing of Memories. 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.

INSTITUTE FOR HEALING OF MEMORIES

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