

Upcoming Workshop!

HEALING TRAUMAS

For those still having nightmares about the fire, or other traumatic events in their lives, join us for a free presentation about the Instinctual Trauma Response method, designed to teach you to think about the events in a different, not painful, way.

Fellow parishioner Matt Poje, LCPP, is offering a talk, over two evenings, to learn the method.

There is no charge and no requirement to share your story.

All supplies will be provided

Thursday, Jan. 22 & Friday, Jan. 23

630p to 830 | Parish Hall