

# **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**