



Sojourn: Transforming Inside Out

*A workshop designed for **women** who want to take control of their lives by understanding and gaining control over their emotions.*

We will explore the following issues:

- ✿ Letting go of the past*
 - ✿ Owning our emotions*
 - ✿ Overcoming powerlessness*
 - ✿ Dealing with difficult people*
 - ✿ Resolving fear and hurt*
 - ✿ Healing our anger*
 - ✿ Hope & meaning for tomorrow*
- ... and more*

This workshop includes three, three hour sessions

For more information call

SOJOURN WELLNESS GROUP

(780) 449-1196