



A Path to Healing

For Women Questioning the Health of Their Relationship or Healing From Destructive Relationships—

Welcome to
Growing A New Heart's
A Path to Healing
Weekend Retreat

Leyden, Massachusetts
\$450 all inclusive weekend

JAC Patrissi
Retreat Leader
Register by calling Gina
At 631-974-0449

www.GrowingANewHeart.com



Together, we will explore....

What is Going On?

Is or was it abuse? Chronic immaturity? Did your partner have unresolved mental health issues? (like trauma or abuse) How about addiction? Were or are many of these intertwined, like a perfect storm?

How Abuse Has Affected Our Lives

By learning and sharing about the impacts of relationship abuse, we will move away from isolation and self-blame, and take the first step toward reclaiming ourselves.

Regaining Faith in Ourselves

Together, we will work to clarify our path, feeling our self-confidence and self-regard grow once more. Abusive partners silence and confuse their partners, so we will seek clarity and rediscover our true voices, reclaiming power while learning and practicing healthy ways to manage stress and anxiety.

Regaining Faith in Others

Forming (or repairing) close connections to friends and relatives accelerates healing. We will learn how to make good decisions about which people to confide in, and then work on overcoming blocks to trusting again in the face of past betrayals.

Building a New Life that Works

We will explore empowering strategies for moving into a new intimate relationship, learning to keep as safe as possible and how to build and reinforce healthy boundaries. *For those still in relationships you are questioning, we will identify a next step forward.*

Leaving the Past Behind

We will learn how to heal the pain of abuse so that we can feel freed from the wrongs that have been done, moving into greater freedom. We will learn how to build a lasting support system to help us through this healing process, as we find joy again.

Addressing Legal and Parenting Issues

Protective mothers will learn about parenting in the context of abuse, and about collaborative legal strategies for working with a former partner when possible.

HOW WE'LL SPEND OUR TIME TOGETHER:

- Large and Small Group discussions
- Small Group planning for individual healing
- Emotional support
- Safe Movement Activities
- Art Projects
- Singing
- Laughing
- Relaxation Exercises
- Free time
- Hot tub
- Shared Meals
- Walks
- Yoga