



Forgiveness

Releasing Yourself from the Pain

Monday, December 4th
6 pm to 9 pm

**St. Louis Counseling and Wellness in Richmond Heights:
1053 South Big Bend Blvd, Suite 200, STL 63117**

- ~ *If we really want to love, we must learn to forgive.* - Mother Teresa
- ~ *It's one of the greatest gifts you can give to yourself, to forgive.*
Forgive everybody. - Maya Angelou
- ~ *The practice of forgiveness is our most important contribution to the healing of the world.* - Marianne Williamson

Forgive and forget, easier said than done. We have heard all those wonderful things about forgiveness, but where is the road map to this place called forgiveness?

In this workshop, you will learn the information and tools to begin your forgiveness practice; it is a practice. We will cover why forgiveness is important, and even more importantly we will cover the basics of how to forgive. You will walk away with specific exercises, handouts, and mediations to use to release yourself from the pain of the hurt.

Now is the time to set down the hurt and pick up the process of forgiveness.

Forgiveness is for you. Allow yourself to have the freedom you deserve.

Cost is \$60. Payment due at time of registration. Seating is limited.

Contact teresa@stlcw.com or 314-322-2885 to register or register online at www.stlcw.com. Sign up by November 6th, and save \$10. Please include your name and contact telephone number in the registration email.