



The Shalom Community is proud to offer this 2-day Healing Retreat designed for adults wanting to heal the unresolved emotional and /or spiritual wounds of difficult or traumatic events that have occurred in their lives.



The retreat will focus on healing childhood wounds such as attachment difficulties, family dysfunction, abuse, bullying and trauma which have been identified as the root causes of many mental health issues. It is presented in a group format with participants completing therapeutic activities on an individual basis. There are opportunities to share experiences with the other group members if you wish but there is no pressure or expectation to do so.

The Facilitator, Di Frost is a registered psychologist who works with child, adolescent and adult survivors of childhood trauma, helping them connect with their creativity and inner resources for healing. She works individually and with groups in a retreat format that enables deeper connection with childhood wounds through creative arts and writing for healing. Di has been working in the trauma field for over 15 years, working across a range of sectors including with Aboriginal and Torres Strait Islander communities.



Venue: Shalom, 7 Collins St Carcoar, NSW

Cost: \$300 including accommodation and meals.

Max number participants: 12

Bookings: Ph: 02 63673058 or email: shalomcarcoar@gmail.com

More Information and booking online: <http://shalomcarcoar.com>

“Where there’s breath there’s hope for healing.
I am living proof of that.” Tonier Cain

