

Looking for support? A place to process the difficult people in your life? Are you seeking new tools and/or behaviors to navigate challenging relationships? Join us monthly for...

Healing Through Relationships

Growing Through the Challenging People in Our Lives

Adriene Nicastro-Santos



Many of us have difficult people in our lives. Often, they are the ones we are closest to as parents, siblings, partners, and spouses. Navigating these relationships can be very challenging. Often, we find ourselves missing the tools to move forward. Through **Healing Through Relationships** members can find the opportunity to discuss experiences in a group format, gain insight otherwise absent from individual work, witness the power of universality, and discover the benefit of group sharing and expression. **Healing Through Relationships** also offers an opportunity to address the following challenges with emotionally immature, toxic, critical, and/or self-absorbed loved ones, including:

- Open sharing in a safe, nurturing, and non-judgmental setting;
- Support for your journey;
- Honoring your pain and shifting focus to your strengths and power;
- Learning how to set boundaries;
- Discovering new ways to interact or withdraw from toxic conversations;
- Evaluating needs and expectations;
- Exploring the psycho-spiritual dynamics at play in your particular relationships;
- Finding peace, acceptance, and ultimately forgiveness; and,
- Embracing the gifts of all relationships.

This group will meet for an initial session for those interested to get a feel for the group's format and nature. Subsequent sessions require a four-session commitment that will renew on an ongoing basis. The schedules of group members is always taken into account when devising each four session segment.

Where: Directions sent upon completed RSVP - State College, PA

When: February 28, 6:30 - 8:00 pm

Cost: \$132 per four sessions (average of \$33 per group)

RSVP: www.pathways2innerpeace.com or 814-280-3105

Adriene is a psycho-spiritual therapist, ordained minister, certified spiritual energy healer, teacher, and author. Using intuitive information blended with spiritual and psychotherapeutic techniques, she guides individuals through deep levels of healing, integrating spiritual development and personal growth through ongoing retreat and psycho-spiritual intensive co-facilitation for Sacred Garden Fellowship, while privately holding sessions, workshops, and groups locally and internationally. For inquiries, full bio, and book series purchases, please visit www.pathways2innerpeace.com.