

Tired of taking pills that don't do anything to heal the  
**Emotional or Physical Pain?**



**Discover the Secrets to a  
Higher State of Wellbeing**

**New Beginnings Therapy**  
*Women's Workshops*

**Saturday, April 26    10:00 am – 1:00 pm    Cost - \$69**

**Ph: 604-802-6390    Payments by E-Transfer to email below**

**Email: [stressfreeme99@gmail.com](mailto:stressfreeme99@gmail.com)**

**Facebook: <https://www.facebook.com/empowerme2befree>**

**Vancouver College of Counselor Training**

**206 East 6<sup>th</sup> Avenue, Vancouver, BC**

# **WOMEN'S WORKSHOP**

**Have you ever wondered how positive and negative feelings impact your day to day life experiences?**

**What does it really mean to De-empower yourself? What does it really mean to empower yourself as a woman and how does that affect your reality?**

**If you experience stress related pain or depression from negative feelings, can you heal that without drugs?**

**These questions, and much more, will be answered during this introductory workshop.**

**What you will learn is the powerful mindset secrets to bring your body in to balance. You will also learn the mindset process to release physical and mental pain. You will learn how the words you speak reflect a belief about yourself that is responsible for the chaos, pain or stress in your life now. You will learn how to turn off the pain switch.**

**What you will experience is a deep connection to your true feelings about many issues in your life that you are unaware of, or unwilling and unable to heal. Heightened self-awareness will allow you to take those first few steps towards positive change.**

**This is a unique and life changing gift that will inspire you for life.**

**A former student said this:**

**Julie – Healing and Empowerment Workshop**

**“The workshop is truly life changing. It was an experience that left me feeling deeply empowered in the knowledge that who I really am, who we all are, is far more magnificent than I have ever dared to believe. The small powerless person who I thought I was is just an illusion. It is an illusion that I now have the awareness to dismiss with love and forgiveness. This in itself has given me a peace that I didn't know was possible. There are no words for how deeply this changed how I think of myself.”**