



HEALING. HOPE. HEALTH.

A 10 week confidential online group for women seeking healing, growth, and a pathway forward for building hope after betrayal in a supportive environment. This group is for single and partnered women.

*Monday evenings 7.45-9.15pm
Starting Monday 22 April.
Limited to 7 attendees only.*

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WEEKEND RETREAT 26-28 JULY

Culminating in a well-deserved retreat over a long weekend away at the Women's Healing Sanctuary in Port Stephens, NSW.

Wherever you are on your healing journey, this group is aimed to educate you more about

- betrayal trauma and addiction*
- managing stress*
- contribute to your healing, strength, growth and restoration.*

Each session will include education and a time for sharing. The emphasis of this group is on educating you for stronger healing, growth through self-reflection through a worksheet each week, and a time to share at the end.

This 10 week course will lead to a well-deserved retreat over a long weekend away at the Women's Healing Sanctuary in Port Stephens, NSW. This will help consolidate your learning, give time for reflection away from all the stressors of daily life, and offer new friendships with other women who understand your journey.

Unlike the PHASE "support group," you are making a commitment to the whole program and the weekend away.

The group meetings will be held Mondays 7.45-9.15pm online (via Zoom) starting Monday 22 April, 2024. Please note some Mondays we won't be meeting. Reminders will be sent before each meeting.

The weekend away will start Friday afternoon 26 July and conclude Sunday 28 July after lunch.

You are welcome to book extra days for some added respite before and after those dates. This can be arranged when you book directly with WHS.



Weekly Topics

Week 1, 22/04/24 – Introduction, opportunity to briefly share something of your journey, and identify your hopes for what you would like to get out of the program.

Week 2, 29/04/24 – What is betrayal trauma?

Week 3, 06/05/24 – Trigger awareness and managing triggers.

Week 4, 13/05/24 – What is addiction?

Week 5, 27/05/24 – What is co-dependency?

Week 6, 03/06/24 – Boundaries.

Week 7, 24/06/24 – The relationship. What next?

Week 8, 01/07/24 – Communication, understanding gaslighting.

Week 9, 08/07/24 – The question about trust and forgiveness. Learning to let go.

Week 10, 15/07/24 – Self-care. Restoration. Post traumatic growth.

Weekend away, Friday 26 to Sunday 28 /7/24 – Rest, reflection, connection.



COST:

\$65 / week, or \$60 if paid up front for 10 weeks.

The long weekend away is an additional \$625 each. You will need to arrange your own flights and accommodation. Accommodation, at the Women's Healing Sanctuary (WHS), includes all food, quality wines and linen.

Payment for accommodation is due directly to WHS. Please contact Janine Hanna, live-in manager, by phone on 0456 150 619 or by email at info@womenshealingsanctuary.com.au.

Here is a link to this very special property -
<https://womenshealingsanctuary.com.au>

For more information, or to book, contact Andrea Murray, facilitator, on 0475 088 187 or via email at help@counsellor.net.au

All photos are taken on site at WHS Sept 2023

