



HEALING OF MEMORIES WORKSHOP FOR WOMEN VETERANS

A safe place for participants to explore personal histories and gain insight and empathy for themselves and others.

This Institute for Healing of Memories workshop is a response to the emotional, psychological and spiritual wounds inflicted by war, human rights abuses and other life-changing traumatic circumstances. This life-changing workshop is proven to help participants learn ways to overcome anger, loss, grief and guilt. Not only is it a step on the journey to personal healing, but also it contributes to the healing of interpersonal relationships.

RAVES FOR HEALING OF MEMORIES

"I met a woman veteran who lives close to me. I can't wait to [connect] so we can support each other's emotional needs."

"I felt ... compassion comradery, community, non judgment."

"I got in touch with some deep emotions in the drawing session."

WHEN

**Saturday, Dec. 12, 2020
9:00 am - 1:00 pm**

WHERE

Online Live via Zoom
You will receive a zoom link upon registration.

COST

FREE to Women Veterans

REGISTER

Call (651) 687-9767
Mike Wold,
U.S. Navy vet & workshop coordinator



After starting her career in family law, **Lori Rubenstein, JD, PCC**, discovered that the well-being of divorced families was clearly not the task of the legal system. She felt like a square peg trying to fit into a round hole as a divorce attorney. Instead, she chose to follow her own mission - empowering people to heal from their relationship wounds. As a certified coach, she learned that forgiveness truly is the cornerstone of all healing. On a personal level, Lori has been twice divorced and today is happily remarried, her children are grown. In addition to her private practice, Lori is a facilitator for IHOM, teacher of Divorce Recovery Coaches for Impact Coaching Academy and is a facilitator for Northern Arizona Restorative Justice. Lori was a Court Appointed Special Advocate for Abused and Neglected Children, is an Ambassador for Shared Hope International, a member of the Sedona Advocacy Team for Friends Committee on National Legislation (FCNL) and was a member of the board of the Sedona International City of Peace.

