

**HEAL**

**YOUR**

**HEART**



The program consists of 6 weekly workshops that will be held on

May 1, 8, 15, 22, 29

June 5

Monday Evening from  
7:30 – 9:30 pm

**At**

**St. James Parish**  
231 Morden Road, Oakville

For everyone who has  
experienced a significant  
loss:

Death of a parent

Suicide

Peers move away

Loss of a romantic relation

Loss of work

Loss of a home

Ailing parents

Chronic illness

Loss of health

Divorce

....

**HEAL**

**YOUR**

**HEART**



**EXHAUSTED**

**TIRED**

**ANXIOUS**

**EMPTY**

**FREED**

**PUZZLED**

**SHOCKED**

**HURT**

**CONFUSED**

**EMOTIONAL**

**HAPPY**

**LONELY**

**HOW DO  
YOU FEEL  
TODAY?**

It is our mission to  
give you the tools  
to be able to heal  
your heart.

**HEAL**

**YOUR**

**HEART**



**BROKEN  
HEARTS  
HAPPEN**



**Is Grief and Loss  
Limiting Your  
Life &  
Relationships?**

**GIVEN by  
Ilse DE GROOF**

# Heal Your Heart

## **Heart Broken?**

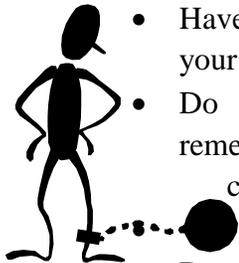
Life is filled with loss, and grief is the normal human response to significant loss. Broken hearts are painful.

## **The Problem**

The problem is people don't know how to grieve well. Grievors get stuck. They get stuck in all the pain of their conflicting emotions. They get stuck wishing things could be different.

## **Are You Stuck?**

- Are you experiencing overwhelming emotions and pain?
- Do you feel alone and unheard?
- Does it seem like you're living in a fog?
- Have you stopped living your life?
- Do you have difficulty remembering or concentrating?
- Does it seem like your thoughts are racing?



***This workshop helps grievors to heal their hearts so they can begin to live their life once more.***

The workshop is a structured process teaching the definitive actions that can mend the conflicting emotions holding you back.

## **Talking Is Not Enough.**

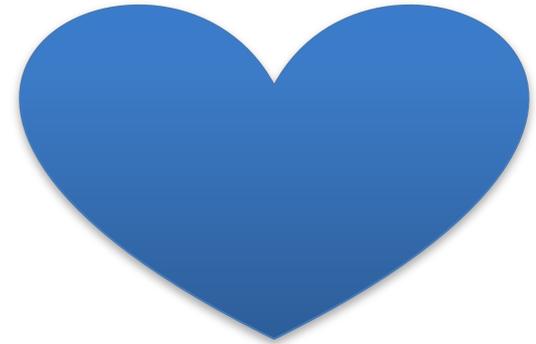
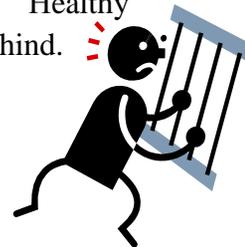
Talking about it just isn't enough. How many times have you talked about what happened? And yet you never seem to feel any better. The secret to healing is resolving those painful emotions.

## **I Don't want you to Forget.**

Ever worry that if you heal your grief you might forget? You won't. Healing the pain of grief creates accurate memory pictures.

Grievors don't forget. Healthy grieving leaves the pain behind.

**Ever felt like a prisoner to the pain of the past?**



***Broken hearts are painful***

***Why wait any longer to feel better?***

***COME  
JOIN US***

***register***

***[www.hamiltondiocese.com](http://www.hamiltondiocese.com), or  
call the Family Ministry Office  
at 905-528-7988 ext. 2249.***

***Cost is \$35 and includes material.***