

BREAKING THE CYCLE

22ND - 26TH JUNE 2023

A HEALING PROGRAM FOR PEOPLE WITH
EMOTIONAL PAIN OR PTSD

BE EMPOWERED TO TAKE CONTROL OF YOUR EMOTIONAL
WELL-BEING AND TO THRIVE IN THE FACE OF LIFE'S CHALLENGES.

**THIS
PROGRAM
IS FOR
YOU IF:**

You feel like your life is out of control

You're seeking peace, but never find it...and you've tried everything

You want to stop choosing actions that hurt you or create stress

You keep repeating the same patterns and don't know why

You have good things in your life, but they don't bring you the joy you crave

Some days just feel too hard

You want to break destructive or addictive behaviour patterns and can't do it alone

It's difficult to maintain relationships, and feeling loved is a constant struggle

You're grappling with ongoing PTSD symptoms