

GRIEF TO GRACE MN

*Offering hope  
and healing for  
those who have  
endured abuse.*



## REACH OUT

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A FIVE-DAY RETREAT PROGRAM  
FAITH-BASED & TRAUMA-INFORMED

**HEALING THE WOUNDS  
OF ABUSE**



## YOU ARE NOT ALONE

Abuse so often involves keeping secrets – it seems too shameful to understand or even believe. A group retreat counters this as the group witnesses to what each has suffered. Participants share only when they feel comfortable.

Though many participants are initially anxious about our group process, we find that the group becomes a powerful source of support and healing

*“I don’t know of anything other than this retreat that would have given me the space to heal and uncover the trauma.”*

*-Past Attendee*

## RECEIVE THE CARE YOU NEED

Our model of care is trauma informed and centered on Christ to help you discover a safe and hopeful path to restoring your dignity.

Our approach combines a comprehensive understanding of medical and psychological principles with professional excellence and compassion.

## THE 5-DAY RETREAT INCLUDES:

- A Therapeutic Environment
- A Mind, Body, Spirit Approach
- Trauma and Grief Work
- Cognitive Exercises
- Living Scripture Exercises©
- Small Group Sharing



## CONSIDERING A RETREAT?

Please contact us in complete confidence to learn more. We understand it can be difficult to talk about what has happened, and that interested individuals may be a long way from deciding to attend a retreat.

*Contact Us- Completely Confidential*

