

**ARE YOU EXPERIENCING  
HURT FROM PAST TRAUMA  
OF SEXUAL, EMOTIONAL,  
PHYSICAL, OR SPIRITUAL  
ABUSE, THAT WAS  
SUFFERED DURING YOUR  
CHILDHOOD, ADOLESCENCE  
OR AS AN ADULT?**

**COMPLETELY CONFIDENTIAL**

We understand it can be difficult to talk about what has happened, and that one may be a long way from deciding to attend a retreat. For a consultation, pastoral advice or an application, please contact us and we'll connect you with the right person.

**QUESTIONS?**

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**A DIFFERENT KIND OF RETREAT**

**HEALING  
WOUNDS OF ABUSE**

[WWW.GRIEFTOGRACEMN.ORG](http://WWW.GRIEFTOGRACEMN.ORG)



## THERAPY FOR THE SOUL

Grief to Grace is a 5-day overnight healing retreat. It offers a powerful spiritual and psychological journey providing safety and hope in the midst of emotional chaos.

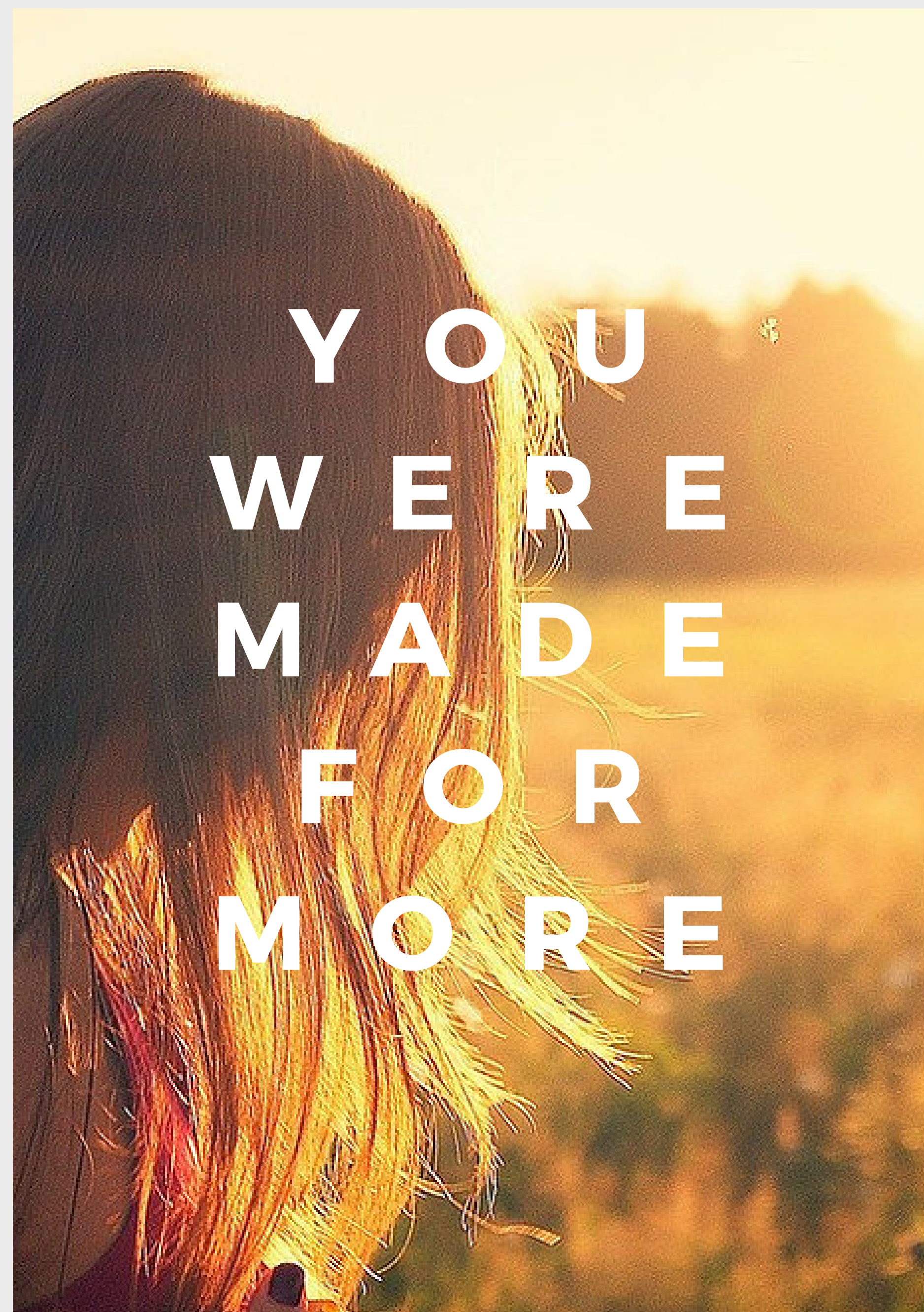
It is for anyone who has suffered degradation or violation from physical, emotional, spiritual, or sexual abuse.

Abuse so often involves keeping secrets - it seems too shameful to understand or even believe. A group retreat counters this; and participants share only when they feel comfortable.

This trauma-informed model of care helps each person discover a safe and hopeful path to restoring their dignity - *a therapy for the soul.*

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

*-Past attendee*



Abuse so often involves keeping secrets. It is not confined to any particular race, social or economic demographic. Survivors frequently experience prolonged emotional suffering.

Beyond the painful symptoms, an even deeper injury occurs to the soul of the abused: a sense of worthlessness, inadequacy, guilt, shame, feeling dirty or used, unlovable, unwanted — rejected from the very heart of God's tenderness, mercy and love.

*"I had no idea the impact my trauma had on me until this retreat. I was so resilient that I didn't realize I was numb to feelings. This retreat helped me to know that "I'm fine" actually means I'm not and to honor how I feel... I do matter.*

*-Past attendee*

## FEEL, DEAL & HEAL

Our approach to healing allows you to connect with your hidden feelings, listen to your pain and honor your unmet needs to experience love and compassion and open your life to amazing new possibilities. This effective healing process combines:

- Grief work and journaling
- Therapeutic environment
- Cognitive exercises
- Living Scripture Exercises©
- A mind/body/spirit approach
- Small group sharing