

SELF-FORGIVENESS WORKSHOP:

HEALING YOUR HEART OF REGRET, BLAME AND GUILT

MARCH 3, 10:00AM - 4:00PM

AT GOOD SAMARITAN UNITED METHODIST CHURCH

PRESENTED BY DR. JIM DINCALCI

GOOD SAMARITAN
UNITED METHODIST CHURCH



LEARN AND APPLY:

- Why your brain/mind keeps punishing you, how to fix it and empower yourself
- The Essentials and Secrets of forgiveness of self and others.
- Effective methods to escape the cycles of blame, regret and guilt.

DEEPLY USEFUL FOR ANYONE DEALING WITH ABUSE, TRAUMA AND GRIEF.

For more info, contact Justin Barfield at justin@goodsamaritantallahassee.org
or go to goodsamtally.org