

*Have you been struggling with a different relationship?  
Do you hold on to resentment?  
Are you ready to be free from emotional pain?*

## **“A Course in Forgiveness”**

Get rid of your old baggage so you can heal and  
*move on* with and for your life!

February 25th 9:00 AM– 4:00 PM

Given by Creative Relationship Center and Buffalo Mediation Associates

Held at Wellness Center, 1515 Kensington Ave., Buffalo, NY



When we hold on to hurts from our past it affects your life daily. If you have experienced loss, abandonment, betrayal, neglect or rejection in an important relationship, then you know how painful and damaging this can be. Whether you need to forgive your spouse, your ex, your mother or yourself, forgiveness is the one thing that can enable you to heal.

*The good news is...* no matter what has occurred in the past, the heartbreak can be a doorway for cleansing, profound healing

- Heal your relationship and your life
- Release anger, resentment, fear and sadness
  - Rediscover your wholeness
- Reclaim happiness and inner peace

Call 998-4611 to register now!

Fee: \$99.00 Snacks will be provided. Lunch is on your own.

Early Bird price \$89.00 is paid by February 1<sup>st</sup>.