



Don Heights Unitarian Congregation hosts

See www.donheights.ca for further details & directions
18 Wynford Drive #102, Toronto, Ontario

Dr. Nancy Reeves*

Canadian clinical psychologist, spiritual director, and best-selling author

October 7th & 8th 2009

Grief and Spirituality

A workshop for professional and lay helpers

Thursday October 8th, 9:00 – 4:00 Limited to 50 participants

“A loss is any experience that restricts us – from the concrete bereavement and chronic illness, to the nebulous shattering of a dream or expectation.” Nancy Reeves

Topics include:

- How spiritual needs change during the grieving process
- 3 part process to work through guilt
- Helping grievers to forgive
- Ritual as a psychotherapeutic tool
- A process to determine readiness to make a major change after a loss
- Supporting extroverts, introverts, and omniverts
- Other spiritual issues and helping strategies
- Interfaith issues

Cost - \$50 (\$60 with catered lunch from Pickle Barrel Restaurant)

Unitarian Lay Chaplains \$25 (lunch extra if you choose)

To register or for information contact Nancy Reeves:

reeves@nancyreeves.com or 250 592-1493

Decision-making for Our Highest Good.

Thursday October 8th 7:00 - 9:00 pm ~ Free will offering

Every day, each of us is confronted by many large and small decisions. How do we choose the best ones for ourselves, others, and our world? Based on her research of 75 people from 11 faith traditions, Dr. Reeves will give practical suggestions for making more effective decisions in our lives.

Spiritual Dialogue Circle

Wednesday October 7th 10:00 am – noon

Facilitator: Nancy Reeves Theme: Spiritual Discernment

This multi-faith Spiritual Dialogue Circle is committed to bringing diverse people together for conversation, prayer, meditation and faith. In this Circle, we all have the opportunity to share readings and experience from our unique spiritual traditions. Everyone Welcome!

* Dr. Nancy Reeves, from Victoria, B.C. Canada, is a clinical psychologist, psychotherapist, spiritual director, best-selling author, and published poet. She is known for her lively presentation style, inspiring stories, and practical information. She works extensively in the areas of trauma, grief, loss and transformation and spirituality. Nancy is an adjunct faculty member at the University of Victoria and Santa Clara University and guest lecturer at universities and colleges in Canada and the U.S. She presents workshops and retreats throughout North America, Great Britain, New Zealand and Australia. She is published in professional journals and general interest magazines as well as her many books including: “A Path Through Loss”, “Found Through Loss”, “I’d Say Yes God if I Know What You Wanted” and Spirituality for Extroverts (And tips for those who love them)”