

REGISTRATION

YES! I'd like to attend **BREAKING FREE... A JOURNEY.**

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____

Email _____

Month I'd like to attend: _____

Workshops are offered on the 2nd weekend of the month at **NORTH POINTE COUNSELING CENTER.**

WORKSHOP FEE:

\$625 per person for 3-day series

Method of payment:

- Check
- Cash
- VISA/MC

Credit Card # _____

CCV # (3-digit code on back of card) _____

Card Expiration Date _____

Name on Card _____

Card Address _____

City, State, Zip _____

Signature _____

Date _____

SEND REGISTRATION

NORTH POINTE COUNSELING CENTER

5150 N. 16th Street, Suite C-162

Phoenix, AZ 85016

(800) 273-3429

FACILITATORS

MICHAEL FINECEY, MA, LPC, LISAC

Michael holds a Masters in Professional Counseling with 28 years of experience associated with corporate team building, business management and training. He specializes with adults who are recovering from traumatic life events and is trained in Trauma, Abuse and Deprivation, as well as other modalities for maximum client impact.

KAREN MERRY, MAPC, LAC

Karen holds a Masters in Professional Counseling and advanced graduate certification in Trauma, Abuse, and Deprivation. Karen brings over 30 years of ministry experience in Christian leadership development, coaching, and mentoring in North America and Eastern Europe. She specializes in issues of sexuality and healing the wounds of abuse.

Michael and Karen are in private practice at **NORTH POINTE COUNSELING CENTER**, which seeks to bring hope, healing, and restoration to individuals, couples, families, and communities by providing counseling and education services designed to meet the needs of the whole individual.

NORTH POINTE COUNSELING CENTER also offers Mending the Soul recovery groups for those healing from the trauma and pain of abuse.

What others are saying about BREAKING FREE ... A JOURNEY:

I allowed myself to open up to my feelings, and discovered how to respond appropriately to them.
~ BW

I wish I'd had this workshop 10 years ago! ~ BK

I learned more about healthy boundaries and intimacy than I ever thought possible. ~HK

BREAKING FREE

...a journey



WORKSHOPS FOR PERSONAL
HEALING & TRANSFORMATION

Breaking Free!

LEAVE BEHIND Past trauma, old pain, distorted thinking, hurt, anger, regret, and the abuses of life

DISCOVER Love, hope, balance, and the true relationships that are yours

BREAKING FREE...A JOURNEY

Are you ready to experience a power-filled life? Restore true joy? Rebuild your life? Heal personal issues? Learn to live with passion??

Join us for **BREAKING FREE...A JOURNEY**. This three-day, small group workshop will give you concrete tools for healing from the wounds of emotional pain, abuse, traumas and deprivation.

HEALING & TRANSFORMATION

BREAKING FREE is designed for adult women, men, and couples who are rebuilding their lives as the result of life experiences, life issues, and an imbalanced lifestyle. It offers an experience of healing, hope, and transformation. Learn how to:

- Create healthy relationships with self and others
- Break old patterns
- Set healthy boundaries
- Awaken spirituality
- Challenge self-destructive behavior



The Journey

DAY ONE
FRIDAY, 5:15 - 9:00 PM

- ❖ Core issues affecting personal development
- ❖ Gain understanding of old pain and hurt
- ❖ Discover the hope of authenticity

DAY TWO
SATURDAY, 9:00 AM - 5:00 PM

- ❖ Personal defense mechanisms
- ❖ Recognize defensive behaviors
- ❖ Explore anger, fear, loneliness, and shame

DAY THREE
SUNDAY, 9:00 AM - 4:30 PM

- ❖ Learn to play
- ❖ Develop healthy boundaries
- ❖ Create intimacy in a healthy way
- ❖ Develop a balanced life
- ❖ Balance and authenticity for the feeling adult

WORKSHOP INFORMATION

BREAKING FREE is offered the 2nd weekend of each month. The seminar format is supplemented with hands-on, expressive exercises. Registration is limited. Contact **NORTH POINTE COUNSELING CENTER** at (800) 273-3429 for additional information.

Live with Passion

