

Healing from Within: Holistic Tools for Recovery & Resilience.

FOR MEN AND WOMEN IN RECOVERY

Thursday, July 31st 2025

6:00pm-8:15pm

Journey Church Auditorium

21220 Lorain Rd.

Fairview Park, OH 44126

Enter through front door on Lorain.

Parking available in small church lot across the street.

Maximum Number of Attendees – 40. Serious inquiries only please!

Please make sure you provide your full name, email address, and cell phone number when registering.



This workshop explores holistic and integrative approaches to addiction recovery, trauma healing, and personal transformation. With a background in meditation, Gestalt, homeopathy, and holistic medicine, the session will offer participants experiential and didactic learning designed to deepen self-awareness, enhance coping mechanisms, and foster resilience. The workshop will integrate Heartfulness practices, sensation tolerance training, and alternative healing modalities, helping participants cultivate self-confidence, self-esteem, and emotional regulation as they navigate the recovery process.

Key Takeaways:

Developing

Sensation Tolerance & Emotional Awareness

Participants will learn how to engage with discomfort, anxiety, and emotional struggles in a way that fosters growth and healing, rather than avoidance.

Integrating Holistic Healing Practices

Introduction to meditation, homeopathy, and other non-traditional therapeutic tools that can support trauma recovery and emotional resilience.

Practical Tools for Recovery & Self-Empowerment

Strategies for coping with life's challenges in a productive manner, strengthening self-worth, and reinforcing personal agency in recovery.

Registration Methods

EMAIL: joe@brady-partners.com

VISIT: <https://unicorns-polkadots.org>

PHONE: Joe Brady 440-653-0352, or Elizabeth Bongorno 216-699-1803



Dr. Erin Holston Singh

Dr. Erin Holston Singh is a highly respected naturopathic physician with over 27 years of experience helping thousands of individuals overcome chronic illness and achieve optimal health. As the Founder and Visionary of Options Naturopathic, she leads a team that offers comprehensive holistic care, integrating naturopathic principles with cutting-edge scientific advances.

Her post-doctoral training in various schools of yoga, Gestalt methodology, German New Medicine, and Recall Healing add depth to her innovative healing approach, allowing her to address the emotional and psychological roots of disease.

Her expertise in true healing has made her a sought-after leader in preventive and restorative medicine

