

BREAK THE CHAIN

an experiential workshop by StoryQuest.

For **PARENTS & PARENTS-TO-BE**

Break the chain of intergenerational pain and trauma!



As adults with painful pasts, we want to give our children something better. We do not want to hand down old painful roles and expectations. Rather, we want our children to become their true and best selves. We want our children to be *free* from the pain of our own early histories! We want to be able to provide physical and emotional safety and *love* our children *really* well.

But how do we do this?

The more we open ourselves up to remember, think about, and *feel* the stories from our childhood, the less we are stuck replaying old scripts.

It is not enough to want to do something different. To love our children *really* well, we need to heal the wounds from our own painful past.

StoryQuest Workshop's **BREAK THE CHAIN** will help parents and parents-to-be experience freedom from the pain of the past and **BREAK THE CHAIN** of intergenerational trauma!



Dr. Jonathan Gross, Psy.D.
Licensed Psychologist

FACILITATED
BY



Erin Pruett, LMHC
Licensed Mental Health Counselor

Visit the StoryQuest Workshop Website

www.storyquestworkshop.com



TWO-DAY EVENT!

Tuesday November 12, 2019 &
Wednesday November 13, 2019
8:30 AM – 5:00 PM

Location

GTM Environmental Education Center
505 Guana River Road
Ponte Vedra Beach, Florida 32082



Beautiful indoor and outdoor venue!

Cost

\$198/per person

To Register

Contact Lauren Miller
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Social media

[www.facebook.com/
storyquestworkshop](https://www.facebook.com/storyquestworkshop)

