

The background of the entire page is a photograph of a library. On the left side, there are tall, dark wooden bookshelves filled with books. The books are mostly white and light-colored, with some darker spines. The lighting is warm and soft, coming from several hanging light bulbs that are visible in the foreground and background. The bulbs are simple, white, and have a classic shape. The overall atmosphere is quiet and intellectual.

# THERAPEUTIC BOOK CLUB WINTER 2024

THERAPEUTIC BOOK CLUB OFFERS A SUPPORTIVE ENVIRONMENT TO CONNECT WITH LIKE-MINDED PEOPLE, SHARE YOUR EXPERIENCES, ENGAGE IN MEANINGFUL DISCUSSION, AND GAIN NEW PERSPECTIVES.

BOOK: EMOTIONAL  
INHERITANCE BY DR. GALIT  
ATLAS

\$45 PER SESSION

KINGSDALE COMMUNITY CENTRE  
72 WILSON AVENUE, KITCHENER  
MEETING ROOM #5  
FREE PARKING

"THE PEOPLE WE LOVE AND THOSE WHO RAISED US LIVE INSIDE US; WE EXPERIENCE THEIR EMOTIONAL PAIN, WE DREAM THEIR MEMORIES, AND THESE THINGS SHAPE OUR LIVES IN WAYS WE DON'T ALWAYS RECOGNIZE...IN THIS TRANSFORMATIVE BOOK, GALIT ATLAS ENTWINES THE STORIES OF HER PATIENTS, HER OWN STORIES, AND DECADES OF RESEARCH TO HELP US IDENTIFY THE LINKS BETWEEN OUR LIFE STRUGGLES AND THE "EMOTIONAL INHERITANCE" WE ALL CARRY." \*FROM BOOK INSERT

MONTHLY MEETINGS WILL BE HELD ON MONDAYS FROM 6:00 – 7:30 P.M. ON THE FOLLOWING DATES:

FEBRUARY 12TH  
MARCH 18TH  
APRIL 15TH  
MAY 13TH  
JUNE 10TH



RECEIPTS PROVIDED FOR ALL INQUIRIES AND TO RESERVE YOUR SPOT (BY FEBRUARY 5TH) EMAIL: [HELP@TYCOUNSELLING.CA](mailto:HELP@TYCOUNSELLING.CA)

SPACE IS LIMITED TO 15 PARTICIPANTS