

**If you WANT to STOP HURTING,
and WANT some PEACE, POWER & JOY in your life:**

This WORKSHOP is for YOU!!!

Melinda Hynes Counselling.Ca

Presents



**Living Beyond CODEPENDENCY
The TRANSFORMATION to FREEDOM**

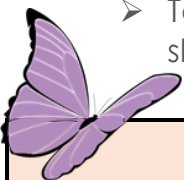
*Join us November 1st, 2nd & 3rd, 2019
At [Gily Farmhouse](#), a Spirit Retreat Centre*

(378 CR 354, Preston Hollow, NY 12469)

PSYCO - EDUCATIONAL WEEKEND WORKSHOP

Where you will gain the knowledge, the tools, the inspiration & be empowered to:

- Learn your boundaries and communicate your thoughts and feelings without anger.
- Discover which characteristics and patterns of codependence you would like to change.
- Gain the tools to stop being a victim or offender.
- Discover your emotional self and share of yourself when it is in your best interest.
- Take care of your needs and wants and be able to ask for help without guilt and shame.



Book Your Seat Today - Contact:

Melinda Hynes - 905-440-5747 – melinda@melindahynescounselling.ca
Barbie Mamele – 561-427-5051 or Jaana Gollan – 914-494- 8918

Happiness and Printable E-book Included

