

*A Special One Day Retreat
for Women*

Shine!

Discover your potential

Do you look to others for validation, acceptance and worth?
Are you longing for something?
The answers are within.

Join us for a nurturing one day retreat created to inspire and energize you.

Explore your unique gifts and strengths. Learn to let go.
Come away with a plan to let your light shine.

**Enjoy a day of introspective, creative and interactive exercises with
Mary Joan Brinson, MSW, RSW & Kaaren Christ, MSW, RSW**

Coming Soon!

Location: Belleville area

Day: Saturday

Date: to be announced

Time: 9am - 4:30pm

Cost: \$195.00*

*nourishing lunch included

For more information about the
next Shine Retreat click here.

www.maryjoanbrinson.ca

613.848.3683

