

More Than Your Past: Shedding Your Guilt & Shame

\$20.00

Free Childcare - pre-registration required

Shame causes us to isolate ourselves, but no matter your story or background, this is a place for us each to come with our complete selves, including our inadequacies, baggage, feelings, and fears. This is a space where we can feel safe to be ourselves.

Shedding Your Guilt & Shame is 6 weeks of experiential learning sessions consisting of video learning, individual reflection time, group exercises, and practices to do on your own between sessions.

Discussions include:

- Understanding Your Shame – What is Shame?
- Origins of Shame
- How Shame Affects Us
- How we Heal
- Relationship with God, Yourself, and Others