

# **Becoming Your Own Loving Parent**

THE SOLUTION FOR ADULT CHILDREN OF ADDICTION/DYSFUNCTION

A Retreat for Women

Facilitator: Shamarika Kane CLSC

**When:** Friday February 23, 7:00 p.m. – Sunday February 25, 3:00 p.m.

**Cost:** \$325 - Includes all meals and a small bedroom with a sink, shared toilet and showers. To upgrade to a bedroom with a private bathroom please call Queen's House for details.

While living in for this retreat is highly recommended, you may also commute for this retreat - cost: \$205.

**Registration deadline: February 16** – Please call 306-242-1916

**Detail:** We are on a journey to become an adult who is imprisoned no longer by childhood trauma and reactions. To heal we move out of isolation, share, build trust and re-parent ourselves with gentleness, humour, love and respect. We invite you to this weekend of fellowship with nurturing and nourishing experiences as well as learning and applying tools of recovery.

**Facilitator:** Shamarika Kane is a Certified Life Management Skills Coach with 25 years of experience creating and facilitating personal and professional workshops and retreats. She maintains a foundational focus on 12 step recovery and spiritual development as well as fostering “how to” life skills for the journey from surviving to thriving; from isolation to community; suffering to ease; shame to self-love; fear to faith; and from defeat to purpose and meaning. Shamarika founded and directed the Serenity House retreat centre and InnerWorks Consulting and Counselling organization in Canmore Alberta. She was an instructor for the Life Skills and Career Development Coach program at Bow Valley College and she is the founder and designer of the emerging Rites of Passage Heroes Journey quests, workshops and retreats.

**To contact Shamarika:** Call: 306-737-9729

Email: [shamarikarop@gmail.com](mailto:shamarikarop@gmail.com)