



Shamarika Kane is a Certified Life Management Skills Coach with 25 years 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.

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Love yourself first
and everything else
falls into line.

You really have to love yourself
to get anything done
in this world.

Lucille Ball

Queen's House:

A Home Away from Home

This retreat is limited to 15 participants - please register early! **Registration deadline: February 16.**

PRE-REGISTRATION IS ENCOURAGED FOR ALL OF OUR PROGRAMS

- Full payment is encouraged at the time of registration
- Registration deposit for this program: \$25.00

QUEEN'S HOUSE CANCELLATION POLICY

Queen's House reserves the right to cancel any of our programs. If a program is cancelled, a full amount, including the deposit amount, will be issued.

A minimum of three full days (72 hours) notice before a scheduled event is required to issue a refund should a registrant have to cancel. Cancellations made less than 72 hours before a scheduled program are not eligible for refunds, and program and retreat fees are not transferrable.

Queen's House Retreat and Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9
306-242-1916

To register please call **306-242-1916**
or email: receptionist@queenshouse.org

For details on all programs:
www.queenshouse.org

Becoming Your Own Loving Parent

THE SOLUTION FOR ADULT CHILDREN OF ADDICTION/ DYSFUNCTION

A RETREAT FOR WOMEN

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



Shamarika Kane CLSC

**Queen's House
Retreat & Renewal Centre**

A Home Away from Home



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.

Topics we will explore on our journey to become our own loving parent include:

- Coming out of isolation
- Creating safe, caring environments for the healing journey
- Fostering spiritual openings and practices
- Getting honest. What really happened?
- How have I been impacted?
- Grieving wounds and losses
- Shame busting
- Wisely and compassionately meeting our needs
- Reclaiming personal power
- Setting boundaries
- Silencing the inner critic
- Emotional sobriety
- Staying committed to the journey
- Where do I go from here?



Nurturing is neither silly
not self-indulgent;
it's how we show
love for ourselves.



Becoming Your Own Loving Parent

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OF ADDICTION/DYSFUNCTION

A RETREAT FOR WOMEN

Friday February 23, 7:00 p.m. -

Sunday February 25, 3:00 p.m.

Program 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

**To Register for Program, please call
Queen's House, 306-242-1916 or email:
receptionist@queenshouse.org**