



Joy, Trauma and Healing

Discover how joy helps us
heal from pain!

Friday, February 15, 7-9 p.m.

*" People will forget what you said, people will forget what you did,
but people will never forget how you made them feel."
~ Maya Angelou*

*Joy and joyful relationships with God
and others are foundational for healing
because our brain is unable to process
pain that exceeds its capacity for joy.*

*In this workshop, we'll use current
research in neuroscience to understand
the impact of trauma and joy on the
brain so that we can look at brain-
healing strategies that work!*

*The workshop is led by Alexandra
Montoya, MA, MHC, spiritual director
and counselor.*

*Location: The Journey Center.
Cost: \$15.00.*

*Register online at www.journeycenter.org
or call (707) 578-2121.*

