



- JULY 2** **HOMEOPATHY: FOR ANXIETY, DEPRESSION OR BEHAVIOUR DISORDERS**
Homeopathy is a distinct system of medicine that is over 200 years old, well known in Europe, India and South America. The individualizing symptoms of each patient are of great importance to the classical homeopath as "blanket prescriptions" are of no use in homeopathy. Successful treatment of a patient's unique set of symptoms brings back mental, emotional, and physical balance to allow the patient to carry on in life.
Christopher Gehry, DCH is a classical homeopath and partner owner of Capilano Homeopathy Clinic in North Vancouver. He has practiced homeopathy for 7 years and has been a board member of West Coast Homeopathic Society. He has two children and specializes in homeopathy for children and mental/emotional imbalance in adults. For info see www.wchs.com
- JULY 9** **BOUNDARIES: HONOURING YOUR INNER TEMPLE**
In this presentation you will learn how to say "No" to unhealthy people that take advantage of you. You will be empowered to be your own gatekeeper to your Inner-Temple. You will also be presented with the knowledge on how to stop being a human dumping ground for others emotional and mental waste.
David Allen Jones is the creator and founder of the U.S. non-profit organization "Free the Heart." Over 25,000 people have participated in David's life changing workshops including "Free the Heart- Awakening to Your Life's Purpose". His work has been written about in the "Chicken Soup for the Soul" series. www.freetheheart.com
- JULY 16** **INNER RESONANCE**
Inner Resonance Technologies (IRT) facilitates your own innate wisdom and capacity for rebalancing and healing all aspects of your life. Every thought, emotion and state of being has a chemical signature in your brain, which automatically and instantly activates a behavioural outcome in your body. IRT helps you create your own wholeness in just a few minutes, leaving you with greater energy to feel good in every way. You will leave with a spot programmed on your body to re-activate this frequency on a daily basis for increased wellness.
Maureen Mason Edwardson has had the gift to integrate her accumulated knowledge into an elegant, brief and cutting edge energy psychology technique, Inner Resonance Technologies. www.innerresonance.com
- JULY 23** **HEALING THROUGH INTUITION**
Remember the last time you had a gut instinct and you did nothing about it, but later on you regretted not having acted on it? Elke Babicki brings a psychological framework to 'consciousness raising' by offering step-by step guidance for breaking out of old patterns, claiming your intuition and healing on every level. There is hope for people opening to conscious living, on a journey of healing and seeking life answers.
Elke Babicki, M.Ed. is a writer, therapist, seminar leader and radio/pod-cast provider on Good Life Networks. She believes intuition is a gift we all need to understand and utilize. Her book, "Making the Connections" is an inspiring guidebook.
- JULY 30** **STORYTIME FOR GROWNUPS - REWRITING YOUR STORY**
For anyone who loves children's stories; this is your chance to really lose yourself in a book. After reading a story aloud, Jaminie will suggest creative prompts to re-work the story or to allow your own to emerge. You will have the opportunity to create your own simple illustrations, and to write or narrate your version. From inside the story you can linger in the places you long to visit, deliver a hero's speech, defend the helpless, or argue for the misunderstood. You have the power to change the outcome, the power to change your life.
Jaminie Hilton, RCC, has a background in the creative arts. She completed her Masters in Counselling, and a Certificate in Chemical Dependency in the San Francisco Bay Area; and EMDR (technique for trauma work). Story Time for Grownups combines her passion for children's literature and the creative process with her skill as a facilitator.

EVERYONE WELCOME! EVERY WEDNESDAY AT 7:00pm

LOCATION: SECOND FLOOR OF THE JOHN BRAITHWAITE CENTRE
145 West 1st Street, North Vancouver, BC (between Chesterfield and Lonsdale Avenues)

For Information, call 604-987-6959 or visit www.cmha.bc.ca

ADMISSION BY DONATION

Supported by:

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