

When the Light Returns

A Workshop for Inner Strength, Gratitude,
and Everyday Joy

“ What if joy hasn't disappeared, but
is waiting to be noticed again? ”

This workshop is for the woman who feels far from
joy and is ready to begin finding her way back to it.

Together, we'll slow down to notice what remains good:
what made us smile, where beauty appeared, and
what we're grateful for. Through journaling, open
conversation, and a quiet moment of reflection, you'll
have space to simply see and honor the woman you're
becoming.

Let's talk and figure out together what your group
truly needs. This workshop is shaped around the
women in the room.

Registration includes a copy of the guided journal
and a custom pen for each participant.



Date:



Time:

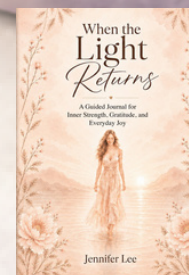


Location:



Hosted by: Jennifer Lee
The Healing in Sharing Workshops

Bring This Workshop to
Your Group.



*See her. Honor
her. Be her
light.*



WWW.THEHEALINGINSHARING.COM

Stronger Than I Know

A Workshop for Healing, Reflection,
and Turning Survival into Strength

“What if survival wasn't the end of your
story, but the beginning of your strength?”

This workshop is for the woman who has survived
something and isn't sure she's ready to talk about it.
That's okay. You don't have to know what to say or
have the right words. You just have to show up.

We'll start small, with a breath. From there, we'll go
gently, through journaling, quiet reflection, and open
conversation, at your own pace. Along the way, you'll
be reminded that you're not alone.

Let's talk and figure out together what your group
truly needs. This workshop is shaped around the
women in the room.

Registration includes a copy of the guided journal *I
Am Stronger Than I Know* and a custom pen.



Come as you are.

She's still in there, waiting to be
rediscovered.



DATE



TIME



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Bring This Workshop to Your Group

Finding Yourself Again

A Workshop for Faith, Hope, and Peace

“ The world feels loud and uncertain right now. This is a quiet place to come back to yourself. ”

This workshop is for the woman who feels unsteady as fear and uncertainty have become part of everyday life. She is tired, longing for peace, hope, and faith, and ready to exhale. Maybe you are wondering, “Where is God when I need Him?”

You are not alone in asking. Together, we will slow down through guided journaling, open conversation, quiet reflection, and a closing prayer circle. We will share inspiration and encouragement as we remind one another that faith and community can help us feel steady again.

Let’s talk and figure out together what your group truly needs. This workshop is shaped around the women in the room.

Includes: paper and a pen for reflection.



DATE



TIME



LOCATION



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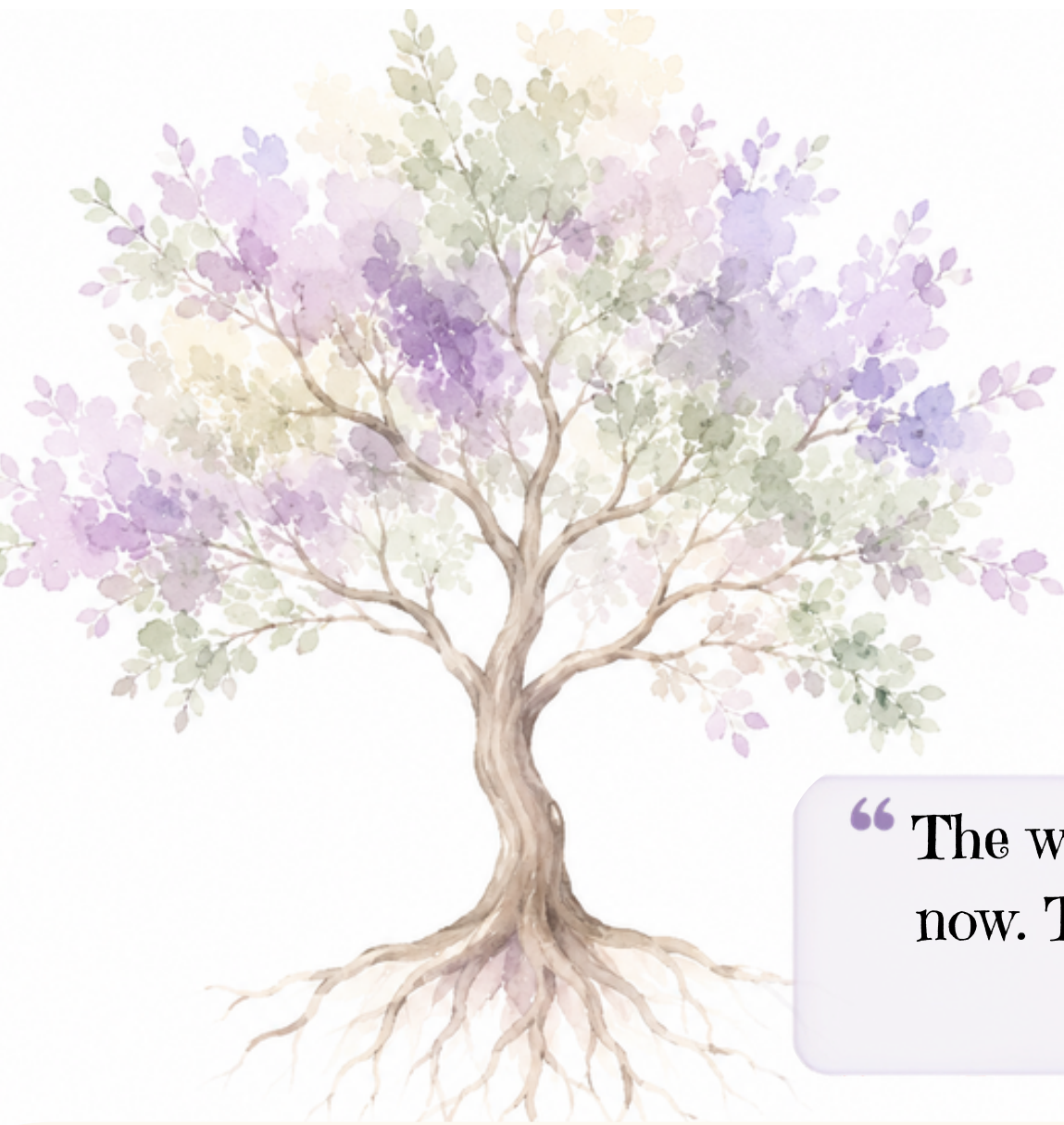


Come as you are

You are not walking this path alone. God is with you, and so are the women in this room.



Bring This Workshop to Your Group



Rooted

A Workshop for Grounding,
Connection,
and Peace

“The world feels loud and uncertain right now. This is a quiet place to come back to yourself.”

This workshop is for the woman who feels unsteady, not only from her own uncertainty, but from carrying what everyone around her is feeling.

In a world filled with constant noise and negativity, self awareness matters. Together, we will notice what we have picked up that was never ours to carry and practice gently setting it down.

Through reflection, open conversation, and connection, we will explore boundaries that protect our peace and the kind of community that helps us feel grounded, supported, and able to grow. Includes: paper and a pen for reflection.

Come as you are.

In stillness and connection, we find our way back to peace.



DATE



TIME



LOCATION



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Bring This Workshop to Your Group