



## **POST TRAUMATIC GROWTH: THE GRACE OF SUFFERING:**

This retreat day will not solve nor answer the question that never seems to go away: Why is there suffering in the world? But, through our ability to understand the psychology of trauma, make a soul connection with Divine Reality and comprehend what science can teach us to reverse the effects of trauma, we will alter our perceptions of suffering. Our prayerful reflections will offer us renewal, restoration and healing.

We will:

- Uncover the physical, emotional, and spiritual aspects of suffering
- Explore turning trauma into growth experiences and transformation
- Experience healing and recovery

**Presenter:** Grace Conte, M.A., Educator, Holistic Health Facilitator & Spiritual Director

**Date:** Saturday, October 12, 2019

**Location:** Upper Room Spiritual Center - 3455 W Bangs Ave., Neptune City

**Time:** 9:30 A.M. – 3:00 P.M.

**Fee:** \$100 (includes light breakfast and soup & salad for lunch)

**ALL ARE WELCOMED!**

To register, please call: The Upper Room Spiritual Center:  
732-922-0550 or [office@theupper-room.org](mailto:office@theupper-room.org)  
For questions, concerns and/or clarifications, please contact: Grace  
@ 908-902-5121 or [gracepconte@gmail.com](mailto:gracepconte@gmail.com)