



## HEALING OF MEMORIES WORKSHOP FOR WOMEN VETERANS

*A safe place for participants to explore personal histories and gain insight and empathy for themselves and others.*

This Institute for Healing of Memories workshop is a response to the emotional, psychological and spiritual wounds inflicted by war, human rights abuses and other life-changing traumatic circumstances. This life-changing workshop is proven to help participants learn ways to overcome anger, loss, grief and guilt. Not only is it a step on the journey to personal healing, but also it contributes to the healing of interpersonal relationships.

### RAVES FOR HEALING OF MEMORIES

*“I had put myself in a personal prison. This workshop helped me to release myself from it.”*

*“This workshop has been the key to my healing, to a healthy mind, body and spirit.”*

*“This was not what I expected... but exactly what I needed!”*

### WHEN

**Saturday, Sept. 26, 2020**  
**9:00 am - 1:00 pm**

### WHERE

**Online Live via Zoom**  
You will receive a zoom link upon registration.

### COST

**FREE to Women Veterans**

### REGISTER

**Call (651) 687-9767**  
**Mike Wold,**  
**U.S. Navy vet & workshop coordinator**



**Sheila Laughton** (USAF, Ret.) was a career Intelligence and Force Management officer who served from the Vietnam Era to 2000. She deployed to Saudi Arabia for the first Gulf War. After her military retirement, Sheila founded Welcome Home for veterans of all eras and their families, at the Loyola Spirituality Center in Minnesota. This unique program addressed challenging reintegration issues such as trauma, moral injury, life purpose, from a spiritual perspective. She has worked with men and women who have experienced or witnessed trauma in her decade of experience as a Healing of Memories Workshop facilitator and now as a facilitator trainer. Sheila has Masters degrees in Guidance and Counselling from Creighton University, and in Theology from St. Catherine University. A lifelong student, she is currently researching how personality affects resilience, cultural anthropology and spirituality. She has been married to her USMC/JAF veteran husband for 45 years and has both an Air Force and Army son.

