



LIFE ENRICHMENT: INDIVIDUAL,
FAMILY & BUSINESS SOLUTIONS

Presents

Healing *Out Loud*

A Mental Health & Wellness Workshop Series
2026–2027

Oct 24, 2026 · Trauma-Informed Forgiveness Workshop

Nov 21, 2026 · Empty Seat at the Table

Jan 30, 2027 · Healthy Dating Relationships

Feb 27, 2027 · Pour Into Yourself

Mar 27, 2027 · Finding Your Voice

Apr 24, 2027 · Boundaries Without Guilt

May 22, 2027 · Strong Women Need Support Too

SEVEN SATURDAYS · LYNDBURST, OHIO

WELCOME

Seven Saturdays to *heal, grow* and speak up for your well-being

Healing Out Loud is a series of six-hour, interactive workshops for anyone interested in practical mental health and wellness skills for their own lives, as well as clinicians looking for additional tools for their clinical toolbox. Attend one workshop or the whole series.

The Series at a Glance

01	Trauma-Informed Forgiveness Workshop	Sat, Oct 24, 2026
02	Empty Seat at the Table	Sat, Nov 21, 2026
03	Healthy Dating Relationships	Sat, Jan 30, 2027
04	Pour Into Yourself	Sat, Feb 27, 2027
05	Finding Your Voice	Sat, Mar 27, 2027
06	Boundaries Without Guilt	Sat, Apr 24, 2027
07	Strong Women Need Support Too	Sat, May 22, 2027

Workshop Details

TIME

9:00 am to 3:00 pm

LOCATION

Jefferson Centre Building, Large Conference Room (Door C), 5001 Mayfield Rd, Lyndhurst, OH 44124

REGISTRATION

Required on Eventbrite. Closes at 5:00 pm on the Monday before each workshop.

CEUS

Pending approval

COST

\$40 per workshop. Tickets on Eventbrite.

MEALS

Continental breakfast and lunch provided

AGES

Open to adults 18 and older

PARKING

Accessible parking for all, including handicap-accessible spaces

A note for participants: These workshops are educational and supportive. They are not group therapy and do not replace individual counseling. You will never be required to share personal experiences, and you may take a break or step out at any time. If you are in crisis, call or text 988 (Suicide & Crisis Lifeline).

WORKSHOP 01 · SATURDAY, OCTOBER 24, 2026

01

Trauma-Informed Forgiveness Workshop

Healing, Choice & Letting Go on Your Own Terms

Forgiveness on your terms, with no pressure and no expectation.

Forgiveness can be a deeply personal and complex part of healing, especially for people who have experienced trauma, betrayal, grief, abuse or significant loss. This six-hour, trauma-informed workshop offers a safe, supportive and non-judgmental space to explore forgiveness without pressure or expectation.

Forgiveness does not mean forgetting, excusing harmful behavior, minimizing what happened or reconciling with someone who caused you pain. This workshop focuses on choice, personal boundaries, self-compassion, emotional safety and your right to decide what healing and moving forward mean for you.

Through education, guided reflection, grounding practices, discussion and optional activities, participants will explore the effects of unresolved hurt, barriers to forgiveness, self-forgiveness, healthy boundaries and ways to release what no longer serves them.

You will never be asked to share personal experiences or to forgive anyone. You may pass on any activity, take a break or choose an alternative reflection at any time.

You'll leave with

- ◆ A clear understanding of what forgiveness is and is not
- ◆ Grounding practices you can use when old hurts resurface
- ◆ Tools for self-compassion and self-forgiveness
- ◆ A personal sense of what moving forward could look like for you

WHEN

Sat, Oct 24, 2026
9:00 am – 3:00 pm

WHERE

Jefferson Centre Building
5001 Mayfield Rd, Lyndhurst

COST

\$40 · Breakfast
& lunch provided

REGISTER ON EVENTBRITE

Closes Mon., October 19, 2026
at 5:00 pm

Empty Seat at the Table

Processing Grief, Honoring Loved Ones & Navigating the Holidays and Beyond

Carry their memory while making room for life, love and healing.

Empty Seat at the Table is a six-hour grief workshop for anyone navigating the loss of someone they love, especially during the holidays and other meaningful occasions.

While others celebrate, those who are grieving may notice the empty chair, miss a familiar voice or feel the absence of someone who once made the season complete. Grief can also resurface long after a loss: on birthdays, anniversaries, at family gatherings, or in ordinary moments when we reach for someone who is no longer there.

This workshop offers a supportive space to explore how loss affects our emotions, relationships, traditions and everyday lives. Participants will reflect on their loved one, acknowledge the realities of their loss, explore ways to navigate difficult moments and consider how to honor their loved one's memory while continuing to live their own lives.

There is no single right way to grieve and no timeline for grief. The goal is not to forget the person who is missing. It is to carry their memory while continuing to make room for life, love and healing.

You'll leave with

- ◆ A plan for handling the holidays, anniversaries and other hard days
- ◆ Meaningful ways to honor and remember your loved one
- ◆ Practical coping strategies for when grief resurfaces
- ◆ Connection with others who understand

WHEN

Sat, Nov 21, 2026
9:00 am – 3:00 pm

WHERE

Jefferson Centre Building
5001 Mayfield Rd, Lyndhurst

COST

\$40 · Breakfast
& lunch provided

REGISTER ON EVENTBRITE

Closes Mon., November 16,
2026
at 5:00 pm

Healthy Dating Relationships

Communication, Respect & Making Healthy Choices

Know your values, spot the flags and build love that feels safe.

Healthy dating relationships are built on communication, respect, trust, honesty, shared values and mutual understanding. This interactive six-hour workshop helps participants explore the key elements of healthy dating and learn practical skills for building positive, fulfilling relationships.

Participants will examine what healthy relationships look like, how to communicate effectively, set boundaries, recognize red and green flags, navigate disagreements and make thoughtful decisions when dating. The workshop also helps participants clarify their own values, expectations, needs and relationship goals.

Through group discussion, activities, scenarios and personal reflection, participants will gain practical tools to build stronger relationships and make healthy choices in their dating lives. Participants will also receive information on local and national resources for anyone concerned about their safety in a relationship.

You'll leave with

- ◆ A clearer picture of your own values and relationship goals
- ◆ The ability to spot red flags and green flags early
- ◆ Communication tools for boundaries and disagreements
- ◆ Resources for relationship safety

WHEN

Sat, Jan 30, 2027
9:00 am – 3:00 pm

WHERE

Jefferson Centre Building
5001 Mayfield Rd, Lyndhurst

COST

\$40 · Breakfast
& lunch provided

REGISTER ON EVENTBRITE

Closes Mon., January 25, 2027
at 5:00 pm

Pour Into Yourself

Self-Care Without the Guilt

You cannot keep pouring from an empty cup.

Pour Into Yourself is an interactive six-hour workshop that helps participants reconnect with themselves and see self-care as an essential part of a healthy, balanced and fulfilling life.

When we are expected to keep giving, work harder and push forward, taking time for ourselves can feel selfish or unnecessary. This workshop challenges that mindset. Caring for yourself is not a luxury. It is how you protect your physical, emotional, mental and social well-being.

Participants will explore the dimensions of self-care, identify personal stressors and signs of burnout, and examine the beliefs that create guilt around self-care. The workshop also covers saying no, asking for help, managing time and energy, and building realistic routines that last beyond the workshop.

You cannot keep pouring from an empty cup. It's time to pour into yourself.

You'll leave with

- ◆ A clearer sense of your stressors and early signs of burnout
- ◆ Ways to challenge the guilt that gets in the way of self-care
- ◆ A personalized self-care plan you can keep up

WHEN

Sat, Feb 27, 2027
9:00 am – 3:00 pm

WHERE

Jefferson Centre Building
5001 Mayfield Rd, Lyndhurst

COST

\$40 · Breakfast
& lunch provided

REGISTER ON EVENTBRITE

Closes Mon., February 22, 2027
at 5:00 pm

Finding Your Voice

Confidence, Boundaries & Self-Advocacy

Your thoughts, needs, feelings and boundaries matter.

Finding Your Voice is an interactive six-hour workshop that helps participants recognize their value, build confidence, communicate their needs and become more comfortable speaking up for themselves.

Many people hold back from saying what they need, saying no or advocating for themselves because they fear disappointing others, being misunderstood or creating conflict. This workshop offers practical tools to move from staying silent or second-guessing yourself toward speaking with clarity, confidence and intention.

Through interactive activities, group discussion, role-play and personal reflection, participants will practice sharing their opinions, naming their needs and responding to difficult situations at work, in appointments, in groups and in everyday life.

The goal is not to become the loudest person in the room. Finding your voice means knowing that your thoughts, needs, feelings and boundaries matter, and having the confidence to say so.

You'll leave with

- ◆ Greater confidence in expressing your opinions and needs
- ◆ Practiced language for speaking up at work and in everyday settings
- ◆ Strategies for handling pushback and second-guessing

WHEN

Sat, Mar 27, 2027
9:00 am – 3:00 pm

WHERE

Jefferson Centre Building
5001 Mayfield Rd, Lyndhurst

COST

\$40 · Breakfast
& lunch provided

REGISTER ON EVENTBRITE

Closes Mon., March 22, 2027
at 5:00 pm

Boundaries Without Guilt

06

Saying No, Holding Limits & Protecting Your Peace

Boundaries are not about controlling others. They protect your peace.

Boundaries Without Guilt is an interactive six-hour workshop that helps participants understand why healthy boundaries matter and build the confidence to set and keep them.

Boundaries support healthy relationships, self-respect and well-being, yet setting them can feel uncomfortable. Many people struggle to say no, worry about disappointing others, over-explain their decisions or feel responsible for other people's reactions.

This workshop explores what boundaries are, why they matter and how to set them without feeling selfish, mean or guilty. Through discussion, scenarios, role-play and reflection, participants will practice setting boundaries with family, friends, coworkers, partners and others.

Healthy boundaries are not about controlling other people. They are about knowing what you will and will not accept, and communicating it clearly.

You'll leave with

- ◆ Clarity on your personal limits
- ◆ Simple, guilt-free language for saying no
- ◆ Ways to respond when someone pushes back
- ◆ A personalized boundary plan you can start using right away

WHEN

Sat, Apr 24, 2027
9:00 am – 3:00 pm

WHERE

Jefferson Centre Building
5001 Mayfield Rd, Lyndhurst

COST

\$40 · Breakfast
& lunch provided

REGISTER ON EVENTBRITE

Closes Mon., April 19, 2027
at 5:00 pm

Strong Women Need Support Too

Rest, Connection & Letting Others Pour Into You

Being strong does not mean being alone.

Strong Women Need Support Too is an interactive six-hour workshop that reminds women that strength does not mean doing everything alone. It is designed for women, and men are welcome to attend.

Women are often expected to be strong, dependable and available for everyone around them. Over time, always being the one others rely on can make it hard to recognize your own needs, ask for help, receive support or admit when things feel overwhelming.

This workshop is a chance to step out of the role of the “strong one” and explore what it means to build a life with support, connection, rest and reciprocity. Participants will identify the people and resources they can turn to, examine beliefs that make receiving support difficult and develop strategies to strengthen their support networks.

Being strong does not mean being alone. You can be capable and still need support. You can give to others and let others pour into you.

You'll leave with

- ◆ A map of the people and resources you can turn to
- ◆ Insight into the beliefs that make receiving help hard
- ◆ Strategies for asking for and accepting support

WHEN

Sat, May 22, 2027
9:00 am – 3:00 pm

WHERE

Jefferson Centre Building
5001 Mayfield Rd, Lyndhurst

COST

\$40 · Breakfast
& lunch provided

REGISTER ON EVENTBRITE

Closes Mon., May 17, 2027
at 5:00 pm



Your healing *deserves space.*

Reserve your seat on **Eventbrite** · \$40 per workshop

Joy Reid, LPCC-S

(216) 280-0161

LifeBizz.org

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