



STEPPING INTO WHOLENESS

AN OPPORTUNITY TO HELP YOU ACCESS CONNECTION, RECOVERY, & LOVE.

ABOUT

Stepping Into Wholeness is a workshop designed to bring about greater emotional intelligence, connection and compassion for each person who attends.

The theme of the workshop is demonstrated thru experiential psycho-education. This is where the idea of what has historically or currently prevented a person from being whole gets explored. We show how mental illness, addiction, trauma and/or ineffective coping skills prevent us from feeling our feelings and experiencing compassion and connection to ourselves and others.

We also show what it looks like to *Step Into Wholeness* and move towards the solution.



**EXPERIENCE IN 2 DAYS WHAT
MAY OTHERWISE TAKE 10+
WEEKLY SESSIONS TO ACHIEVE**

- Experience support & connection in a healing environment
- Experience healing from shame and unworthiness
- Integrate intimacy, trust & intention with self and others

MEET OUR FACILITATORS



AMBER TOLBERT

Amber is originally from South Carolina and a graduate of The University of South Carolina with dual Master Degrees in Social Work and in Public Health. Amber's clinical experience includes all mental health settings and all ages specializing in family system, conflict, and relationship. Her expertise is working with clients on identity, self-worth, numbing, anxiety, depression, family conflict, and codependency.



SHEILA MAITLAND

Sheila has been working with individuals, couples, groups and families for more than 20 years. With a focus on addiction and co-addiction, Sheila works with her clients to discover the cause of their pain, uncover trauma and heal these wounds. Clients come because they want relief and resolution from painful, unproductive patterns of behavior that stem from the family they came from.



STEPPING INTO WHOLENESS CREATES AN OPPORTUNITY TO TAKE A LOOK AT THE EVENTS OR THE PIECES OF OUR BACKSTORY THAT HAVE US ISOLATED, SICK OR STUCK.

Our process at Stepping Into Wholeness is to offer a healing correction and help guide your journey through the painful parts of your past or present. This is new and uncharted territory because the denial allowed us to walk around rather than through these memories.

With guidance, you can create a sense of safety and security which is essential because we so often are wounded in private, or in secret, and we heal in community.



STEPPING INTO YOU

IN PERSON WORKSHOP

\$2495.00

Stepping Into You is a 4.5 day workshop focused on helping participants uncover their truest and highest selves. It's for anyone searching to find or reconnect with their inner self. If you feel lost, irritable, discontent or stuck, this workshop is for you. Through connection to others, action, sharing and showing how we disconnect from ourselves, we are able to find our selves.

Designed to uncover toxic dynamics, traumatic experiences, and reconnect with our authentic self - we explore and identify those rights of a child that were betrayed and then create an opportunity for those old wounds to be healed or re-written. This process creates an opportunity to access one's highest self and walk out life with intention rather than repeating old cycles.

2022 DATES:

FEB 1-5: TUES 6PM-8PM | WED-FRI 9AM-5PM | SAT 9AM-3PM

MAY 3-7: TUES 6PM-8PM | WED-FRI 9AM-5PM | SAT 9AM-3PM

SEPT 13-17: TUES 6PM-8PM | WED-FRI 9AM-5PM | SAT 9AM-3PM

OCT 4-9: TUES 6PM-8PM | WED-FRI 9AM-5PM | SAT 9AM-3PM



STEPPING INTO RELATIONSHIP & FAMILY

IN PERSON WORKSHOP

\$595/person

Our Stepping into Relationship and Family workshop is designed for anyone seeking skills and experience for better communication and greater intimacy. Through our experiential process, participants build trust, enhance communication, commitment, and forgiveness. Whether you have been together for many years, are developing a new relationship, or are contemplating ending a relationship, this program addresses how your past affects your present relationships and intimacy.

Stepping Into Relationship & Family is 2.5 day program that helps couples/family members learn essential skills for creating or maintaining a healthy relationship. Participants leave with the tools for change.

2022 DATES:

MAR 24-26: THURS 6PM-8P | FRI-SAT 9AM-5PM

AUG 4-6: THURS 6PM-8P | FRI-SAT 9AM-5PM

OCT 27-29: THURS 6PM-8P | FRI-SAT 9AM-5PM

DEC 1-3: THURS 6PM-8P | FRI-SAT 9AM-5PM