



## Rising Strong™ Weekend Workshop

**April 6-8**  
Friday 5-9pm  
Saturday 9am-5:30pm  
Sunday 9am-1pm  
Cost \$330.

**482 W Happy Canyon Rd  
Castle Rock, CO 80108**

*“We are the authors of our lives. We write our own daring endings. We craft love from heartbreak, Compassion from shame, Grace from disappointment, Courage from failure. Showing up is our power. Story is our way home. Truth is our song. We are the brave and brokenhearted. We are rising strong.”*  
– Brené Brown, *Rising Strong*

If we want to live and love “all in” we must know how to rise from the inevitable missteps that come with being wonderfully human in the arenas that mean the most to us.

In this workshop we will explore what it means to cultivate courage, connection, compassion and resilience in life and love.

**RESERVATIONS REQUIRED: SEE BELOW**

Facilitators for this workshop are:

Joy Myers, M.A., L.P.C., CDWF  
E.J. Barklage, M.A., L.P.C., CDWF

**FOR MORE INFORMATION:**  
**CALL: 303-643-8914**  
**OR**  
**EMAIL: [joy@joymyers.com](mailto:joy@joymyers.com)**