

**January-April 2020**  
**SCHEDULE**  
**PROGRAMS & SERVICES**

**FREE SESSIONS** – No registration, on a first come basis  
Visit [www.debbiemelansonhebert.com](http://www.debbiemelansonhebert.com) for more information

<b>DAY</b>	<b>SPECIFICS</b>	<b>TIMES</b>	<b>EVENT</b>
<b>Tues</b>	Every Tuesday	12:15-12:45	Meditation - <b>Moncton Public Library</b>
<b>Tues</b>	1 <sup>st</sup> & 3rd Tuesday	6:30-8:00	“A Course in Miracles” Support/Study Group
<b>Tues</b>	2 <sup>nd</sup> Tuesday of month	6:30-8:30	Education Night
<b>Thurs</b>	Every Thursday	10:00-11:30	“A Course in Miracles” Support/Study Group

**PROGRAM INFORMATION:**  
1 Session per week.  
**Weekly payments accepted for all programs.**  
**REGISTRATION IS REQUIRED** as seats are limited  
*REFRESHER Policy - Refresh/retake any program or workshop (excluding retreats) for 50% off the original price*

**MORNING PROGRAMS (9:30-11:30am)**

**Wed. Jan. 15 ~ EMOTIONS \$120.00**  
A 6 session program designed to help you handle your emotions more effectively and to promote positive emotions in your daily life.

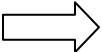
**Tues. Feb. 4 ~ PRACTICAL PARENTING \$80.00**  
This 4 part practical parenting program is filled with tips, tools, resources and support for parents with children of any age. Recognize your STRENGTHS as a parent, discover the changes you'd like to make, learn to set healthy boundaries while guiding your child to become their best self with the skills needed to succeed in life.

**Wed. Mar. 4 ~ THE MESSAGES OF ANGER \$60.00**  
A 3 week program designed to aid participants in recognizing and understanding their anger as one of their many emotions. Learn how to develop healthy expressions and behaviors of anger.

**EVENING PROGRAMS (6:30-8:30pm)**

**Thur. Jan.16 ~ The Grief RECOVERY Method® program \$245.00 (includes handbook)**  
This 8 week program is an educational, action-oriented program designed to help you complete your relationship with the pain caused by a significant loss such as: Death; Divorce or end of a relationship; Loss of a career; Loss of trust; Loss of faith; Loss of safety; or Loss of health. People say you have to let go and move on in your life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method® Program not only makes that possible, but provides partnerships and guidance to ensure that it happens.

**Wed. Mar. 11 ~ LETTING GO WITH GRACE \$75.00**  
In this 2 session program you will learn the difference between enabling and truly helping others. Do you worry about the people in your life and what they are going through? Does their issue become your issue? Recognize the role that guilt plays in unhealthy relationships and make peace with your healthy choices.



## **WORKSHOPS** \$30.00 each

### **Individual Sessions**

<b>Tuesday EVENINGS (6:30-8:30pm)</b> <b>registration required</b>
Jan 28 - The 5 Love languages
Feb 25 - Money & Consciousness
Mar 24 - Dealing with Difficult People

## **OTHER EVENT** – off-site

### **Love Yourself, “HEAL YOUR LIFE®” Weekend Workshop**

1201 Mountain Rd, Moncton, NB

June 6 & 7, 2020 (9AM-6PM) **\$275.00**

(Send \$75 registration fee by May 15th and save \$50)

This powerful, **transformational**, 2-DAY WORKSHOP, developed by Louise L. Hay, will help you to love yourself and others more fully. Working in the areas of: body, mind, spirit, and emotions, you will learn why you may be sabotaging yourself or recreating the same undesirable situations over and over in your life. Come let go of past thoughts and beliefs. Includes a gift certificate for a free life coaching session upon completion.

### **“A COURSE IN MIRACLES” Weekend Retreat**

**Villa Madonna, Rothesay, NB**

September 11-13, 2020

**\$375.00** (includes single accommodations, meals and workshops) \$100 **registration** fee required

## **ONE-ON-ONE Sessions** - By appointment only

\$60.00 per/session (covered as naturopathic services by most medical plans)

**Life Coaching (individual/couples):** with personalized guidance and support YOU can: clarify and shift values; identify YOUR goals; apply YOUR strengths; improve EVERY area of YOUR life and well-being; accept and love YOURSELF more; and release what no longer serves YOU.

**The Grief RECOVERY Method®:** these 7 (1 hour) sessions are both educational and action-oriented designed to help you complete your relationship with the pain caused by a significant loss of any kind. (Book Included)

**Foot Reflexology Treatment:** the application of pressure to the feet is generally relaxing and may be an effective way to alleviate stress. The theory behind reflexology is that these areas correspond to organs and systems of the body.

**Reiki Energy Treatment:** is a holistic treatment which can bring about healing on physical, mental, emotional and spiritual levels. The belief is that the energy will flow through the practitioner's hands whenever the hands are placed on, or held near a potential recipient.

## **Debbie Melanson-Hebert n.d.**

Licensed “Heal Your Life”® Teacher & Life Coach,

Educator/Group Facilitator, Reflexology Practitioner, Reiki Master & Certified Grief Recovery® Specialist

(506) 855-2863

[debbiemh@hotmail.com](mailto:debbiemh@hotmail.com)

[www.debbiemelansonhebert.com](http://www.debbiemelansonhebert.com)

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All programs/events are held at 77 Armour St. (side door) Moncton, NB unless otherwise stated.

**Start your journey today to a better, happier and more prosperous life - today!**