



# LEARNING TO LET GO WORKSHOP

## MONIQUE RAIMBAULT, RMFT

### Accepting what is happening

Transitions and change can be challenging; letting go often feels overwhelming. Whether it's a child leaving the family home, a problematic relationship or workplace struggles. Discover what you are holding onto; how to experience deep acceptance for reality and feel authentic. This is an experiential workshop; you will learn tools to use in your daily life to shift your mindset and live more harmoniously. Thrive Counselling is pleased to offer this unique opportunity with presenter Monique Raimbault, Registered Marriage and Family Therapist. Monique has 20 years of therapy experience with couples, families and individuals as well as designing and facilitating groups.



**Presented by  
Monique Raimbault,  
RMFT**

**Three evenings  
February 25, March 4,  
March 11, 2019**

**Space is limited,  
pre-registration is  
required call our  
office at 204.774.4184  
for more information.  
Deadline to register  
is February 11**

**\$225 includes GST,  
the workshop, and  
intake session with  
Monique**

  
**THRIVE COUNSELLING**  
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