



INVITATION

Golf Practice Dates at the Gilbert Plains Golf Country Club

Bus service will be available.
**Pick up at 4:30 pm at TTR
 Community Hall**

When:

- June 30th
- July 14th
- July 28th
- August 18th
- September 8th

4:30 pm Bus Pick Up at TTR Hall
5:00 pm Dinner
5:45 pm 9-Hole Practice
8:00 pm Return

On July 14th, we will have a special guest joining our practice
Please welcome Catherine Arnold!



Catherine Arnold

Registered Social Worker (BSW, RSW);
 Early Childhood Educator III;
 Reiki Practitioner;
 Hypnotherapy Provider;
 Accelerated Emotional Release Therapy;
 Certified Life Coach

As a healer, Catherine has over 20 years experience supporting individuals and families. She works from a client-centred approach, and is wellversed in providing care for the following needs:

- Addictions & Substance Use
- Domestic Violence
- Depression and Anxiety
- Trauma & Early Childhood Adverse Experiences (A.C.E.s)
- Post-Traumatic Stress Disorder (P.T.S.D.)
- Faith-Based and Spiritual Counselling
- Parenting & Attachment
- Critical Incident Debriefing and Community Workshop Delivery
- Employee Assistance Programs (E.A.P.)

Important Considerations:

- Invitation to these practice activities are open to all ladies registered in the program as of March 20th, 2025.
- Pre-registration is required for each practice day.
- Spots are limited and available on a first-come, firstserved basis, so be sure to register early!
- Please contact Valentina McKay at: valentinadmckay@gmail.com for inquiries or to register.