



## INVITATION

# Women's Mental Wellbeing Workshop at TTR Hall + Golf Practice at the Gilbert Plains Golf Country Club

**When:**

• **Friday,  
September  
19th**

**12:30 pm Lunch &  
Women's Mental Wellbeing Workshop  
4:00 pm Departure to Gilbert Plains Golf  
Country Club**

**Transportation will be available  
after the workshop.  
Pick up at 4:00 pm at TTR  
Community Hall**

## Important Considerations:

- Pre-registration is required.
- Please contact  
Valentina McKay at:  
[valentinadmckay@gmail.com](mailto:valentinadmckay@gmail.com)  
for inquiries or to register.

## Meet our workshop facilitator: Catherine Arnold!



### **Catherine Arlnold**

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