

## How to Register

Don't wait reserve your spot early!!!

We offer an  
"Early Registration"  
discount as well as a  
"Couple Discount"

for anyone who signs up the  
Wednesday before the meeting.

A discount of \$30-\$60 will be taken off  
the cost of your meeting for signing up  
early.

All payments must be received by  
Friday, the day before the meeting to  
ensure your spot in the meeting!

Call the office at  
(318)222-6800 or email at  
[healing\\_inc@bellsouth.net](mailto:healing_inc@bellsouth.net)

We accept Cash, Checks, Debit &  
Major Credit Cards.

Martin Miller, M.A., Executive Director  
Licensed Marriage and Family Counseling  
Licensed Professional Counselor  
National Certified Counselor  
Professional Life Coach



**Please call the office to register or  
for more information**

820 Jordan Street, Suite 401  
Shreveport, LA 71101  
Phone: 318-222-6800  
Fax: 318-222-6801

E-mail: [healing\\_inc@bellsouth.net](mailto:healing_inc@bellsouth.net)



[www.HealingHeartCounseling.Org](http://www.HealingHeartCounseling.Org)

## Forgiveness That Heals Your Heart



**Discover the steps to  
freedom!**



Distinctively Christian  
Professional Counseling

[www.HealingHeartCounseling.Org](http://www.HealingHeartCounseling.Org)

## Meeting Info

**Who:** Healing Heart Counseling Center

**What:** Forgiveness Meeting

**Where:** 820 Jordan St. Suite 401,  
Shreveport, LA

**When:** Saturdays from 9am-12pm

You can save more than 50% in 3 hours compared to scheduling multiple appointments. There are no "quick fixes" but this is the next best thing.

The people attending are clients that we know and trust.

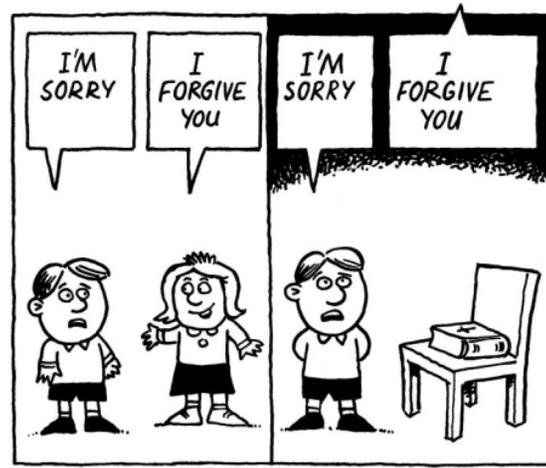
The session will be a **SAFE** and **CONFIDENTIAL**. A place to simply listen, learn, ask questions, and share if you want.

**When those who recently attended a Saturday meeting were asked:** *"What would you like to say to someone who knows they could benefit from this meeting, but is reluctant to come?"* Here is what a few of them said:

- ♦ *"Just come and listen. You don't have to share if you are not comfortable. The cost of not coming, doing nothing or trying to do it on your own, will be more than the cost of coming."*
- ♦ *"Just try it one time. You would be amazed at what you come away with."*
- ♦ *"Don't be afraid. I believe this class is 'a healing' from God. A healing of the mind and heart."*
- ♦ *"It is good to know that others are dealing with the same issues and also seeking professional help and guidance."*

## You Will Learn:

1. What Forgiveness Is & What it Looks Like
2. What Forgiveness *Is Not*
3. Steps To Forgiveness: *How do I do it?*
4. To Refute *Myths* About Forgiveness
5. Reasons We Don't Forgive
6. Forgiving others *and yourself*
7. The Secret Costs Of Un-Forgiveness
  - A. Physical
  - B. Psychological
  - C. Spiritual Costs
8. How Can Forgiveness Strengthen & Bless Me & My Loved Ones?
9. Forgive and Forget- Right? (No!)
10. Should I Tell The Other Person Anything? What if They're Not Sorry?
11. What if I can't get the other person to reconcile?



## Some of the Reasons that we don't forgive are:

- The offense was too great.
- They need to be punished.
- They don't agree they have offended us.
- They aren't truly sorry.
- They didn't ask for forgiveness.
- They'll do it again.
- They did it again.
- I don't like them.
- They did it deliberately; it wasn't a mistake.
- If I forgive them, I'll have to treat them nice or hang around for more abuse.
- They are evil.
- I'll be a hypocrite if I forgive them because I don't really feel like it.

## THIS IS A MULTIMEDIA EVENT!

- Video clips illustrating points about forgiveness
- Slides with clear, specific steps
- 21 page hand-out with tips, tools & insights
- **YOU WILL COME AWAY WITH IDEAS AND METHODS TO USE IMMEDIATELY!**

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