



Loving Journey Group

(c) Facilitative Healing Center

Loving Journey 101 is a twelve-week group program designed to create a love-focused life with unconditional love for yourself and others. During this program, you will learn how to create a Love Bridge between the reptilian (survival reactive-flight/fight) part of the brain and the neocortex (feelings/emotions-reasoning) part of your brain. That bridge includes different planks such as presence, compassion, forgiveness, acceptance and unconditional love. You will then learn how to bind these planks with strong bridge rails of healthy limits and healthy boundaries all designed to guide you to a more balanced, healthier life. Then with the shared wisdom and experiences of its participants, your Love Bridge becomes even stronger.

Program Details

When: Tues April 10 through June 26, 2018

Where: Facilitative Healing Center
841 Corporate Drive, Suite 301
Lexington, KY 40503

Time: Tuesday nights from 6:30 pm to 8:00 pm

Cost: Total \$397 if paid in full or you can pay \$35 per week/session

Registration: Call Grace/Theresa at (859) 494-5851 or email her at Theresa@FacilitativeHealingCenter.com

Facilitator: Shelby Horn



Shelby Horn has been facilitating groups for over seven years for various organizations. She currently serves as a Lay Counselor where she offers coaching, counseling, and encouragement to individuals who have or are experiencing grief or loss. She helps them become more balanced while providing tools that will assist them in becoming strong enough to re-build their lives. After participating in Loving Journey for over three years she has now become a facilitator of the program. When Shelby is not working, you'll find her curled up with a good book or entertaining her great-grandchildren at her home in Nicholasville, Kentucky.