



# Heart Notes

A newsletter from  
Heart Song Counseling  
& Healing

Are you struggling with the lose of a significant love relationship?

## Relationship Recovery Support Group

Emotional, psychological, social and spiritual adjustment to this loss is possible. Through guidance and support, learn from others who are in the process or have completed the process of relationship recovery. This **first Friday of every month** support group is recommended for those who have completed the 10-week Relationship Recovery Seminar. If you have not completed the seminar, a commitment to do so is a pre-requisite for the support group.

Beginning on **Friday, October 2,** 6:00 – 8:00 pm.  
The Center For Body Wellness  
Fee is \$10.00 per support group

**Registration is required** by calling Marian at (585)748-1209 or e-mail [mbo@heartsong-counseling.com](mailto:mbo@heartsong-counseling.com).

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## Relationship Recovery Seminar

Emotional, psychological, social and spiritual adjustment to this loss is possible. You will be able to make this crisis into a creative experience. Through guidance and support, discover the 19-step recovery process to aid you in your transition. This 10-week seminar is recommended for those who are divorcing, divorced, or ending a long-term relationship.

Beginning on **Thursday, November 5,** 6:30 – 7:30 pm.  
The Center For Body Wellness, 1355 Titus Avenue  
Seminar fee is \$250 and includes the text book.

### TOPICS COVERED:

- \*pre-post Fisher Divorce Adjustment Scale
- \*the rebuilding blocks
- \*adaptation
- \*grief
- \*anger
- \*self-worth
- \*transition
- \*openness
- \*love
- \*relatedness
- \*sexuality

**Pre-registration is required.** To learn more and to register call me at (585)748-1209 or e-mail [mbo@heartsong-counseling.com](mailto:mbo@heartsong-counseling.com)

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## Community Activity

**Sea Breeze Dance**  
Held at the Sea Breeze Dance Hall/Sea Breeze Fire Hall  
4657 Culver Road

Friday nights, 7 – 11 pm  
Lessons @ 8:30 pm  
Singles or Couples

Mark your calendar!!  
**Annual Holiday Open House**

The Center for Body Wellness

December 6, 1 – 3 pm

\$5.00 Reconnective Healing Sessions (10 minutes)

\$5.00 Eden Energy Medicine Assessments

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## Fall Community Education Classes

### Emotional Freedom Technique (EFT)

9/17/09, Thursday, 7-9 pm through Webster Community Education

[http://www.websterschools.org/files/927/WCSD Comm Progs Fall 09.pdf](http://www.websterschools.org/files/927/WCSD%20Comm%20Progs%20Fall%2009.pdf)

9/22/09, Tuesday, 7-9 pm through W. Irondequoit Community Education

<http://www.westirondequoit.org/community-education.htm>

10/27/08, Tuesday, 7-9 pm through Greece Community Education

<http://www.greece.k12.ny.us/commed>

### Dreams 101

10/6/09, Tuesday, 7-9pm through West Irondequoit Community Education

<http://www.westirondequoit.org/community-education.htm>

10/8/09, Thursday, 7-9 pm through Webster Community Education

[http://www.websterschools.org/files/927/WCSD Comm Progs Fall 09.pdf](http://www.websterschools.org/files/927/WCSD%20Comm%20Progs%20Fall%2009.pdf)

### Am I Ready To Get Involved?

10/20/09, Tuesday, 7-9 pm through West Irondequoit Community Education(<http://www.westirondequoit.org/community-education.htm>)

### Relationship Recovery/19 Steps

9/24/09, Thursday, 7-9 pm through Webster Community Education

[http://www.websterschools.org/files/927/WCSD Comm Progs Fall 09.pdf](http://www.websterschools.org/files/927/WCSD%20Comm%20Progs%20Fall%2009.pdf)

9/29/09, Tuesday, 7-9 pm through West Irondequoit Community Education

<http://www.westirondequoit.org/community-education.htm>

### Meditation: Soothing the Mind and Body

10/1/09, Thursday, 7-9 pm through Greece Community Education

<http://www.greece.k12.ny.us/commed>

10/13/09, Tuesday, 7-9 pm through Webster Community Education

<http://www.websterschools.org/files/927/WCSD%20Comm%20Progs%20Fall%2009.pdf>

10/15/09, Thursday, 7-9 pm through West Irondequoit Community Education

<http://www.westirondequoit.org/community-education.htm>

### Intro to Eden Energy Medicine

10/29/09, Thursday, 7-8 pm through Webster Community Education

<http://www.websterschools.org/files/927/WCSD%20Comm%20Progs%20Fall%2009.pdf>

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Thank you for allowing me into your healing journeys. I wish you all a healthy, peaceful, fall!!  
Marian