

#### SOUL WORK COUNSELING SPECIALTIES

Counseling families and couples  
Counseling individuals ages 6 and up  
Divorce and family mediation  
Marriage / couples  
Divorce / remarriage  
Blended families  
Anxiety / depression  
BiPolar / dual diagnosis  
Anger management  
Sexual abuse  
Faith based therapy  
EMDR  
Sand tray therapy  
Prepare / Enrich for premarital counseling  
Parenting support  
Grief  
DivorceCare group  
Mens group  
Children bedwetting and nightmares  
Teens / cutting / suicidal ideation  
Adolescents behavior and school problems  
Neuro linguistic programming

# Soul Work Counseling

PRESENTS

## Who Am I Now?

A retreat for divorced and separated,  
and singles going through relationship transition.

Location: Kings Retreat Center, Buffalo MN

[www.kingshouse.com](http://www.kingshouse.com)

Date: Saturday, December 31 – Jan 1

Starts: 9 am Saturday 12/31

# Soul Work Counseling

*Be transformed by the renewing of your mind.*

11108 Zealand Ave. N. Suite 106  
Champlin, MN 55316  
Phone: 763-746-0842  
Fax: 763-746-0843

E-mail: [info@SoulWorkCounseling.com](mailto:info@SoulWorkCounseling.com)

[www.SoulWorkTherapy.com](http://www.SoulWorkTherapy.com)





**ABOUT THE PRESENTER**

Janet Schlegel, Marriage and Family Therapist, is the owner and founder of Soul Work Counseling specializing in sexual abuse, trauma and marriage / couples. Janet divorced after 20 years of marriage when her children were 16 and 13 and understands how hard it is to start over as a single parent with no career. She started college at the age of 40 while working full time and received a Bachelor's Degree in Psychology with emphasis in Marriage and Family from Northwestern University. She then quit her job as a single mom with a son at home to go to Graduate School full time and received a Master's in Adlerian Psychotherapy from Adler Graduate School. Janet founded Soul Work Counseling in August 2008. In May 2009, just three weeks before her second wedding, her 25 yr. old son was killed accidentally when he was hit by a car as a pedestrian and killed instantly. Janet credits her healing to her faith in God, good therapy and a holistic approach to healing.

Janet will share her story and inspire you on your path to healing.

# Let's Celebrate the New Year Together

New Year's Eve is a hard time for those going through divorce, separation and for singles feeling alone. Soul Work Counseling is offering a retreat just for you. Join us as we share our stories, have time for self-reflection, meet others who understand, enjoy good food, laugh, and find reasons to celebrate the future.

OUR THEME WILL BE

## Who Am I Now?

**AGENDA**

Sharing our story

Improving Relationships

- My relationship with God
- My relationship with others
- My relationship with myself

Accepting what I cannot change

Forgiveness Ceremony

New Year's Eve Party

- Fellowship and Food
- Music and Laughter

New Year's Day

- Focus on the future

Throughout the retreat there will be times available for individual sessions with a therapist at no charge.

**SOUL WORK COUNSELING PRESENTS**

## Who Am I Now?

A retreat for divorced and separated, and singles going through relationship transition.

**REGISTRATION FORM**

**Location:** Kings Retreat Center, Buffalo MN  
www.kingshouse.com

**Date:** 9 am Saturday December 31 – Noon Jan 1

**Early Registration** – prior to 12/9/16:

- \$175 for single room
- \$160 for double room per person

**After 12/1:**

- \$199 for single room
- \$185 for double room per person

**Price includes lunch, dinner and New Year's Eve appetizers/desserts, and breakfast New Years Day**

\$50 nonrefundable deposit if cancelled after December 20th.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Vegetarian     Gluten Free Option available

Type of card (circle) VISA    MASTER CARD    DISCOVER

Name on Card \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Billing Address \_\_\_\_\_

Space is limited to 60 rooms. If you want a single room please sign up early.

**You can register by mail, phone or fax:**

**Mail:** Make checks payable to Soul Work Counseling and send with registration form to  
Soul Work Counseling  
1108 Zealand Ave N Suite 106  
Champlin, MN 55316

Phone: 763-746-0844

Fax: 763-746-0843