

Holy Resurrection Orthodox Church

Saskatoon, Saskatchewan

will be hosting a workshop by

Nicole Roccas

Time and Trauma

Friday January 27th starting at 6:30 PM

Saturday January 28th starting at 9:30 AM

Continuing at 1:00 PM

All times are Central Standard Time (GMT -6)



Nicole M. Roccas

Nicole is an author and Certified Trauma-Informed Coach.

Through her writing, speaking, and work with clients, she seeks to help others locate meaning from within the toughest issues of life and faith, like despondency, grief, and trauma.

You can get a taste of her work on the Time Eternal podcast or by reading her books (most people start with *Time and Despondency: Regaining the Present in Faith and Life*).

When not writing, coaching, or spending too much time on Instagram, she enjoys hiking, connecting with others, and expressing her dry sense of humour in ways that tend to make others vaguely uncomfortable.

A Wisconsin native, she lives in Hamilton, Ontario with her overactive beagle, Felix. Nicole has a PhD in History from the University of Cincinnati.

Please register at:

<https://www.signupgenius.com/go/904044BA8AD2EABFC1-2023>

No registration fee is charged. Donations will be accepted.

“I have attended several workshops presented by Nicole and have experienced exceptional learning opportunities. I would highly recommend anyone who has been through the past years dealing with COVID-19 (that is, **all of us**) to take in this timely workshop.”

Fr. Leonard Herrem, rector Holy Resurrection Orthodox Church Saskatoon, Saskatchewan.