



# East Coast TRE - Upcoming Events

## TRE Level II Certification Training Workshop - October 18 - 20, 2013

The trainers for this workshop include Joan McDonald, Registered Social Worker ([www.eastcoastTRE.com](http://www.eastcoastTRE.com)) and Dr. Joan Wright, Licensed Psychologist ([www.joanwright.ca](http://www.joanwright.ca)). Both bring an extensive background to their trainings, including bioenergetics and adult education. They both work in private practice and make unique contributions to TRE.

This workshop will be held on October 18 - 20, 2013 from 9:00 am to 4:30 pm, and will be held at the Health Within Holistic Center, 500-B Belvedere Avenue, Charlottetown, PEI. The cost for this workshop is \$550 Canadian. To register contact Joan McDonald at [joanmcdonald@pei.sympatico.ca](mailto:joanmcdonald@pei.sympatico.ca) or call 902-394-0189.

## TRE Introduction and Level I Certification Training Workshop - October 26 - 28, 2013

The first day of this event provides individuals with an introduction to TRE as well as serving as the first part to the Level I Certification Training. For those who are unsure about pursuing certification, you are welcome to join the three day training. The trainer for this workshop is Joan McDonald, Registered Social Worker ([www.eastcoastTRE.com](http://www.eastcoastTRE.com)).

This workshop will be held on October 26 - 28, 2013 from 8:30 am to 4:30 pm, and will be held at the Health Within Holistic Center, 500-B Belvedere Avenue, Charlottetown, PEI. The cost for this workshop is \$550 Canadian. To register contact Joan McDonald at [joanmcdonald@pei.sympatico.ca](mailto:joanmcdonald@pei.sympatico.ca) or call 902-394-0189.

## TRE Weekly Classes - Starting Monday, September 16, 2013

Come and experience TRE in a group setting, relieving stress from the day. Starting Monday, September 16, 2013 from 4:45 pm to 5:45 pm at the Health Within Holistic Healing Centre 500-B Queen Street, Charlottetown, PEI. Classes are for those who have experienced TRE and have an understanding of the process. If you are interested in attending or knowing more please contact Sherri Barrett at [seastcoasttre@gmail.com](mailto:seastcoasttre@gmail.com)

*Shake it UP... Release - Rebalance - Renew*



**East Coast TRE**

Charlottetown, PEI

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