Moving Through Shame: A Sharing Circle

May 8, 2025

1:30-3:00pm MDT

Shame is an emotion that can cause us to hide who we are—quieting our voices, closing our hearts, and disconnecting us from our bodies. In this live, unrecorded session, participants are welcomed into a sacred space to explore what shame is, why we feel it, and how we can move through it with presence and compassion. The circle will include drumming, reflection, story, grounding practices, and collective wisdom. You are invited to engage, share, or simply listen—whatever feels right for you.

**Please note that this session <u>will not</u> be recorded or uploaded to our website.

Learning Outcomes:

- Understand what shame is and how it lives in the body
- Explore how shame protects us and why it lingers
- Connect through shared presence, story, and sound
- Gently begin to feel and move through shame

Speakers:

Carol Korenowski (she/her) is a mother, writer, speaker, and founder of Therapy Alberta, a private group therapy practice. Her work centers on emotional healing, dissociation, trauma, and the mind-body connection. Carol is committed to creating safe, affirming, anti-racist, and anti-oppressive spaces rooted in cultural sensitivity, relational care, and deep respect.

Target Audience: Indigenous, First Nations, Métis, and Inuit adults seeking to better understand shame, reconnect with their emotions, and explore healing through story, reflection, and shared presence

Please register for session at: https://fntn.ca/Home/Register-VC?eid=22210

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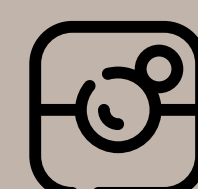
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