

NEWSLETTER

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www.darutherycentre.ca



WELCOME 2022!

January is upon us, a new opportunity for us all to hit refresh.

Revisit those goals, the targets and wish-lists from 2021, reflect on your achievements & milestones.

Checkin with yourself, honour everything you have achieved in 2021

Little or large honour them all.
Build on that as you grow into 2022.

With 2021 reflected upon, set forth with your goals & adventure list for 2022.



Housekeeping

We are now open for **EMDR** consults, see our website for further info or email us.

As of January 1st 2022 our fee structure has changed.

The centre's new phone number for non-urgent calls is 905 741 8875

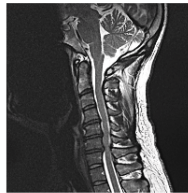
Any questions, please do not hesitate to contact us.

Pain Management Clinic



30 day clinic

- Mindset • Nutrition • Sleep • Goals
- EMDR Pain Protocol consult



With lived experience let us start your 2022 right !

30 Day Clinic @ ~~\$497~~ | **\$297**
January 2022 start !

Taxes|T&C's Apply, EMDR is a proven evidence based approach.

SOMETHING NEW !

New for January, we are running an online pain clinic, based off of our own lived experience & knowledge. We will look at some factors like nutrition, sleep, our goals & mindset. Check out the link for more; <http://www.darutherycentre.ca/pmclinic>

RESOURCES

What is **EMDR** - Eye Movement Desensitization and Reprocessing
EMDR is an extensively researched, effective psychotherapy method proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, panic disorders & pain management.

https://www.darutherycentre.ca/psychotherapy_



WE CANNOT CHANGE THE DIRECTION OF THE WIND, BUT WE CAN ADJUST OUR SAILS TO THE DIRECTION WE WANT



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