



*"We can't always change what happens to us, but we can change how we respond to the events and challenges in our lives."*

**Petrea King**  
Founding Director and CEO  
Quest for Life Foundation

for more information  
**1300 941 488**

The **Quest for Life Foundation**, founded by Petrea King, provides programs to address the challenges of cancer, grief, depression or other trauma and provides practical self-help strategies for increasing peace, healing and wellbeing.

## Healing Your Life

**A nurturing residential program for men and women living with trauma, depression, grief, loss or despair**

### Program Overview

There are many events in life that can stop us in our tracks and cause us to consider how best to meet the challenges we face. Healing Your Life is designed to meet the needs of people seeking peace and healing after a traumatic experience or who live with depression, anger, despair or some other challenging emotion. People who live with an unfolding nightmare in their life find the practical strategies and skills offered in this program very useful and it is also suitable for those living with private anguish, pain, trauma or loss. This residential program is designed for people seeking ways to actively contribute to their own healing and make meaning of their experience.

The program explores many avenues of physical, mental, emotional and spiritual direction and encourages participants to find their own best answers.

The role of intuition in healing, taking charge of our thoughts and feelings and practical strategies to manage our lives more skillfully are covered as well as guidance in meditation. Our nationally acclaimed programs change people's lives in practical and positive ways and people generally leave confident in their ability to meet the significant challenges they face.

**28 June - 2 July | 9 - 13 August**

The Harmony Centre, Bundanoon NSW  
*formerly the Quest for Life Centre*

**with Bernadette Arena and Aurora Hammond**

\$1755 in shared room | \$1955 in single room  
includes accommodation, meals and program  
subsidised places are available for people on low incomes  
*Supported by NSW Health*