



Manresa Jesuit Spiritual
Renewal Centre
2325 Liverpool Road,
Pickering, ON L1X 1V4
manresa-canada.ca 905-839-2864



DAY OF REFLECTION FOR WOMEN

Saturday, September 20, 2025

9:30 am - 4:00 pm

Redeeming Emotions: How to Understand, Feel, and Manage Them Properly

At their core, emotions are human and good. The Catechism of the Catholic Church states that “The passions are neither good nor bad in themselves. They are good when they contribute to a good action, and they are evil in the opposite case.” ... “They are natural components of human psychology which incline a person to act or not to act, in view of what is perceived as good or evil.”

Let's explore together how they can propel us toward virtue and life in abundance.

Join us for this interactive workshop reflection day for women seeking greater emotional freedom, healing, and holiness. Together, we'll explore how to understand, feel, and manage our emotions in a healthy way—so we can live with greater peace, purpose, and authenticity. Emotional management begins with awareness, acceptance and curiosity.

You will learn how to acknowledge your emotions, process them, and bring them under the rule of your intellect and will. We will teach you how to stop indulging in feelings that keep you stuck and unable to cope, to choose emotions that lead to growth, thriving, and integration.

Come away with enriching tools and best practices, reflect and enjoy the lovely grounds, connect, share a meal, and celebrate Mass through meaningful fellowship with other women of faith.

Suggested Offering: \$ 70.00 per person

Includes lunch and coffee/tea break on arrival

For more information and to register,
please contact Veronica at:
boutiquecoachingconnections@gmail.com



Veronica Ljubicic is a Salesian Cooperator and certified Catholic Life Coach trained through Metanoia Catholic. She guides women through workshops, retreats, group, and one-on-one coaching where she helps them discern and develop their gifts, grow in resilience by optimizing their internal and external environments, and customize strategies that support them through work-life transitions. Formerly, Veronica worked in youth and young adult ministry where she developed foundational programs and networks throughout the GTA and Canada. Her background is in Communications, Marketing and Business. She resides in Toronto and offers her services through Boutique Coaching Connections.