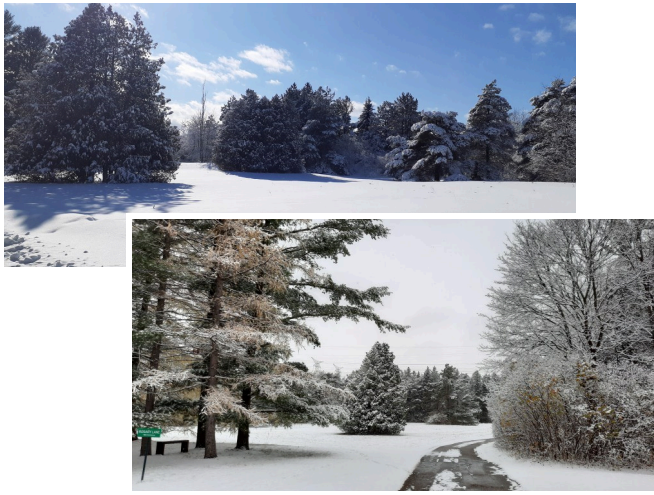




Choosing Love Over Fear

**A Relationship Workshop:
Transforming the Way We Relate**

January 13–15, 2027 · with Aleena Sunny

What if relationship struggles could become invitations to grow?

Relationships bring some of life's deepest experiences of love and connection — but also conflict, resentment, loneliness and pain.

We often think we need better communication skills to stay connected. But maybe we don't. What we need is to understand and work with the part of us that can't use those skills when we're triggered, and to learn how to repair when disconnection happens.

In this midweek workshop, Aleena Sunny invites you to understand your patterns with compassion and discover a new way of relating. Through reflection, prayer and practical tools, learn to respond differently, repair disconnection and build relationships where you feel seen, heard and connected.

THE OLD WAY

Relating from fear

- Over-functioning
- Withdrawing
- Complaining and blaming
- Resentment and passive aggression
- Feeling lonely and unappreciated

THE NEW WAY

Relating from love

- Shared responsibility
- Listening with curiosity
- Expressing needs and feeling heard
- Emotional connection
- Appreciation and reciprocity

WHEN

January 13–15, 2027

Wednesday, 6:30 p.m. to
Friday, 1:30 p.m.

**Open to individuals
and couples**

WHERE

**Manresa Jesuit Spiritual
Renewal Centre**

2325 Liverpool Road
Pickering, ON L1X 1V4
905-839-2864

SUGGESTED OFFERING

\$280 per person

Includes two nights' accommodation,
meals and the workshop program.



Scan to learn more
and register

Register online: manresa-canada.ca or email gardenoflifecoaching@gmail.com



Aleena Sunny is a Trauma-Informed Relational Healing Practitioner and founder of Garden of Life Coaching & Healing, supporting individuals and couples in developing greater self-awareness, emotional resilience and healthier ways of relating. She is currently completing a Master of Arts in Counselling Psychology (MACP) at Yorkville University. She is a Certified Relational Life Therapy (RLT) Coach and a Certified Holistic Coach and Spiritual Healer, with additional training in somatic healing, ancestral healing and traumatic stress studies.

*Her work is grounded in Love over Fear, Faith over Doubt,
Understanding over Judgement, and Collaboration over Force.*