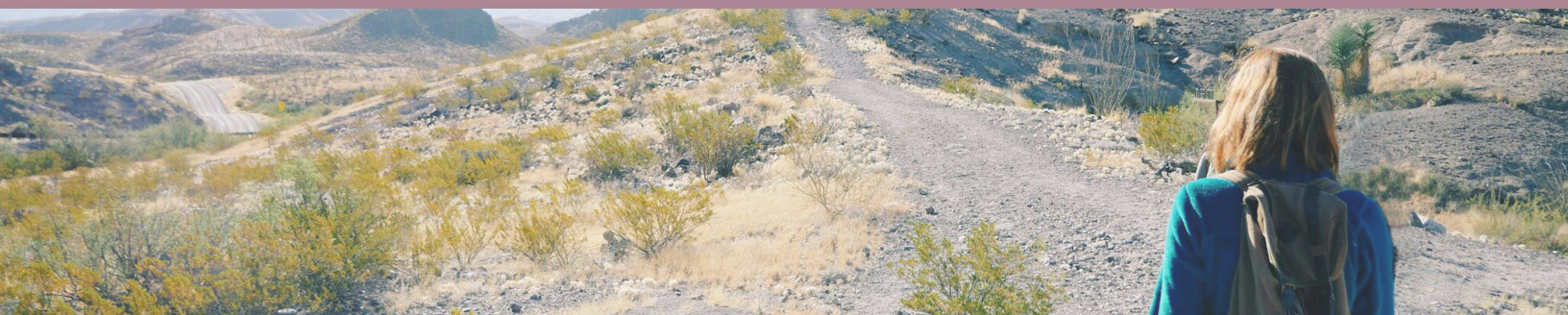


# Healing of Memories Workshop

## For Women Veterans



*Even the Longest of Journeys Begin with a Single Step*

### Lina Webb (Lead Facilitator)



Lina is a native of Okinawa, Japan with an MA in Human Services Counseling. She was a Korean linguist and analyst in the United States Air Force for 21 years. While active duty, she also became a Sexual Assault

Victim Advocate, Resilience Trainer and Crisis Intervention Unit Responder aiding victims of violent crimes and other mental health crises. Her deep interest in generational trauma and storytelling led her to become an authorized HOM facilitator in 2022.

### Pamela Cornwell Chambers (Lead Facilitator)



Pamela has been involved with Healing of Memories since 2017 and a facilitator since 2019. As a licensed clinician, Pam has worked with programs involved in child welfare, behavioral health,

prevention of child abuse, early childhood mental health, and transitional care for elderly. Traumatic experience has been a common theme throughout her work, helping others recognize the impact that experience has had on their life.

**October 17-19, 6 pm Friday – 1 pm Sunday**

*with Lina Webb and Pamela Cornwell Chambers*

The Healing of Memories Workshop is a major step a person can take to begin the healing journey. It provides a safe place for participants to explore personal histories and gain insight and empathy for themselves and others. Many veterans have kept these feelings buried deep inside themselves, which has been a barrier to healing. As they tell their stories and listen to others, they realize that they share a common human bond, and that we are all wounded in some way by past experiences. Consider joining the workshop and taking this next step on your journey.

**Free to Women Veterans**



To begin the registration process,  
contact **Graciela Marroquin**,

Workshop Coordinator & U.S. Army and Navy  
veteran at 509.910.5472 or [msgquinn2@gmail.com](mailto:msgquinn2@gmail.com).



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All are welcome.