



# LOVE REHAB

*Blending creative writing and wellness...*

Love Rehab is a writing support group for the heartbroken, grieving and those who have lost a part of themselves. This 6-week course comes with weekly writing prompts designed to unlock the meaning behind your love story or experience so you can rewrite it. Each week, participants will share their writing within a supportive group and end the course with a greater sense of self and community. Be ready to trust-the-process and watch your life transform!

Love Rehab is guided by writer, singer-songwriter Laurel Graham who has learned through her own creativity how to heal her life and re-establish her relationship to self which determines all the rest. She is deeply passionate about Love Rehab, because she has witnessed how it has helped people. There is a magic that happens when people write intentionally and then share their work within an open, caring and non-judgmental environment. *See on the next page for testimonials.*



## **Love Rehab: Writing Support Group (6 weeks)**

- Date: May 3-Jun 7 (Every Sunday)
- Time: 10am-12pm
- Price: £ 150

## **Love Rehab: Coffee Meetings**

- Date: Begins May 2 (every other Saturday)
- Time: 4:30-6:00pm
- Price: £ 5



Contact: Laurel  
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# TESTIMONIALS



**[From Heather]** Love Rehab opened my eyes and heart. I realized that I'm not alone. Bonding with a group of amazing women who have similar life stories, helped me feel safe, respected and comforted. Through the wonderful prompts and leadership of Laurel, I was able to express myself through my writings and verbal communication. We opened up to each other as if we had known each other for years. I felt seen and heard. I highly recommend this program!

**[From Allison]** I'm so grateful for Love Rehab. The group felt intimate and safe, and the conversations were honest and generous. Being guided so thoughtfully made it easier to take risks on the page. It was inspiring, supportive, and creatively energizing. Highly recommend. 5 stars!

**[From Kate]** Love Rehab re-inspired me to stand taller in my journey and to be more receptive to love and support from like people around me. Laurel leads a wonderfully enlightening walk for any who are just brave enough to follow. Thank you to all my friends gained in Our Love Rehab and eternal to our graceful leader, Laurel!

**[From Amanda]** I joined Love Rehab seeking healing after a difficult year and a half of heartbreak. What I discovered through this group was that I am stronger than I ever imagined. Each week, a writer hidden deep inside me came to life, and I felt truly blessed to share that journey with an incredible group of women. Laurel crafted every lesson with care and just the right amount of challenge, gently encouraging us to step out of our shells week after week. I leave this experience feeling richer for the connections I made and the invaluable healing it brought into my life.

**[From Ann]** Walking into Love Rehab on that first day, heartbreak in hand, I thought I knew exactly what the workshop was and what it would do for me. I couldn't have more wrong! It made me stare at truths I shrunk away from for years. It made me remember the good, the beautiful, and magical along with the bad, the ugly, and the heartbreak I clung to like a life raft. It made me really look at the future I am building and why I'm building it. But more than all that, Love Rehab brought a group of women who are brave, wise and who uplift each other together showing the power that can come further when you bring your truth to the table with comrades in heartbreak. I am forever grateful to Laurel Graham and all the wonderful woman I got share the last 6 weeks with.

**[From Alicia]** My experience with Love Rehab has been truly transformative. During my time in the group, I learned what it really means to grow, to understand myself, and to practice genuine self-love. Each session felt like a step toward becoming a stronger, more grounded version of myself. The group itself was such a meaningful part of the journey. I found comfort, understanding, and connection with everyone there, and I always looked forward to attending. The writing prompts helped me reflect deeply, and they often guided me to insights I didn't even know I needed. Laurel did an incredible job organizing everything—especially for her first time leading Love Rehab. She put so much heart into the experience, and it truly showed. Her care, thoughtfulness, and dedication created a space where real growth could happen. I'm grateful for this journey and for the people who made it so special.

**[From Melissa]** Love Rehab was an experience that stayed with me long after the final session ended. From the very beginning, Laurel created an environment that felt genuinely inclusive, welcoming women from all walks of life and at every stage of their healing journey. Whether participants were navigating trauma, grieving love lost, processing deep personal loss, or carrying a combination of all of the above, the space felt safe, respectful, and deeply human.

What made this experience so meaningful was the way connection unfolded naturally. Women showed up honestly and vulnerably, sharing pieces of their stories without fear of judgment. There was a quiet understanding in the room — a shared recognition that while our experiences were different, the emotions underneath them were often the same. That sense of solidarity was powerful and grounding.

Love Rehab was more than a class. It was a community — a reminder of the strength that comes from shared vulnerability and the healing power of being seen and heard. I'm incredibly grateful for the experience, for the women who showed up so courageously, and for Laurel, who created a space where growth, reflection, and connection could truly flourish.