

Meisha Thrasher


— Grow UR Potential —

REPAIR & *Forgiveness*

Heal. Repair. Grow Together.




**SUNDAY
MAY 17,
2026**

 **2:30 PM –
3:30 PM**

1. REPAIR & FORGIVENESS

Forgiveness without repair often creates emotional injury.

When we experience one another as safe harbors, we recognize that love is too valuable to abandon in moments of rupture. Instead, we allow love to guide us toward thoughtful, intentional reconciliation.

Forgiveness is not the absence of accountability—it is strengthened by it. Grace and accountability can coexist, creating space for honesty, dignity, and meaningful change. In this way, confession becomes a form of relational integrity: a willingness to name harm, take responsibility, and remain present in the work of repair.

Because these conversations can be complex, they often deserve care and support.

**IN THIS WORKSHOP,
YOU'LL LEARN:**



How to offer **effective apologies** that acknowledge impact



What real **repair requires** to rebuild trust over time



How to set **healthy boundaries** within forgiveness



**REGISTER
TODAY!**



Scan the QR code
or register online:

<https://bit.ly/4d33FaW>

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The Gailen and Cathy Reeves Center for Community Empowerment (GCRC)

Promoting Health Equity, Education, and the Arts in South Los Angeles



GCRC

GAILEN & CATHY REEVES
CENTER FOR COMMUNITY EMPOWERMENT

EMPOWER. HEAL. GROW.



JOIN US.

Bring an open heart
and a willingness
to grow.



STRONGER TOGETHER.

Healing happens in
relationship.
Growth happens in
community.



**Grow UR
Potential**

EMPOWER. HEAL. GROW.