

# ON THE CUSP:

A MID-LIFE WOMEN'S  
MONTHLY CIRCLE



*On the cusp: a women's mini urban retreat to explore identities, needs & desires.*

we will use movement, dialogue, expressive arts + writing, & the natural environment to connect with each other with attention on the themes of change as we age related to our identities needs and desires.

this women's group is designed for women in their early forties to early fifties wanting a supportive and safe women's circle that will help you ground what you've been exploring or struggling with on your own. This group will initially be drop-in for the first few sessions then close for the yearly cycle. We will meet in the closed cycle for 5-8 more sessions depending on scheduling.

This group is for you if you have done some inner work on your own or in therapy but want a new safe circle outside your friends and family and are roughly in your late thirties to mid-fifties.

Run by a licensed psychotherapist of same age range, trained in group dynamics, we will address patterns that emerge in the group alongside the content, to develop personal insights and self-awareness in relationship.

LOCATION: Lamorinda area. outdoor/indoor location disclosed upon enrollment.

DATE: Fridays: **SOLD OUT** May 17. TIME: 9:30-11am

COST: \$108 per session. includes materials fee and snacks. 4 participants minimum needed to run circle/  
9 participants maximum



**ABOUT YOUR GUIDE:**

ALLY GUIDA SMITH, 20 years experience as a psychotherapist, and a mother to 2 teens and husky.

Her speciality is working with women across the lifecycle, from early teens to late seventies,

with a common focusing on themes of relationships, career, trauma, eating disorders and mood issues.

She has worked cross-culturally in Europe, South East Asia, Mexico, Haiti and India and works bilingually in Spanish. Having healed from her own ptsd and eating disorder, she emphasizes self-care via the outdoors, friendships, creative processes and travel and creating space.