

BREAKING THE PATTERN

A FOUR-WEEK GROUP WORKSHOP FOR WOMEN

Sometimes we reach a place where we know **something needs to change**, but we aren't quite sure where to begin.

Breaking the Pattern: Understanding Our Past, Choosing a Different Future is a four-week, facilitated small group workshop where women can come together in a safe and respectful setting to begin looking at the patterns that have shaped our relationships, choices, expectations and responses, and discover that **a different future is possible**.

This is a **closed group**, which means that once the group begins, we will journey through the four weeks together rather than having new participants drop in from week to week. There is a small cost to participate, which helps cover the materials provided during the four weeks. **Registration is required**.

If you would like more information, including upcoming dates and registration details, please contact:

Susan Hopkins ~ 705-845-9083

Email: susan.c.hopkins@gmail.com

[Send me a message on Facebook Messenger](#)

Not in Temiskaming Shores? I am also open to bringing **Breaking the Pattern** to another community or offering a **live online group** if there is enough interest.

If you are an individual, women's group, church, shelter or community organization interested in having a group offered in your area - or if you would be interested in participating online - please send me an email or connect on Facebook Messenger and **leave your name, community, phone number or email address, and whether you are interested in an in-person or online group**.

You don't have to have everything figured out before you begin. Sometimes change starts simply by giving yourself permission to look at what has been and imagine what could be. A new chapter is possible. ❤️