



Anxious?
Depressed?
Angry?
Worried?

Sign up: Aug.
26th - Sept.
25th

IDENTITY MATTERS

BECOMING THE "TRUE" YOU!

10 - WEEK WOMEN'S GROUP

Small Group Sessions: 8-10 participants

Have you ever asked yourself...

WHO AM I?


WHERE DID I LOSE MYSELF?

HOW HAVE I BECOME?


Women are ambivalent over who they are and how to be who they long to be; all the while they suffer in silence with unrest that reveals their hidden despair. Anxiety, Depression, and Stress has become commonplace and the question is why and by what measure have we transformed?

Attending these 10-week sessions, we will examine these questions while supporting and spurring one another in matters that means the most, while we encourage each other without judgment or prejudice.


THE GOAL OF THESE SESSIONS WILL:



Provide practical concepts and processes that will equip and position women to discover and embrace their true identity.



Inspire and position women to embrace the power within to heal from deep emotional wounds and establish and provide support to propel participants forward.



Equip women to understand their ability to promote positive change within themselves, family and sphere of influence.

TWO CLASS OPTIONS AVAILABLE

Saturdays, September 28th - November 30th | 10:30 am - 12:00 pm

Thursdays, October 3rd - December 5th | 6:30 pm - 8:00 pm

Most insurance is accepted. Credit Cards, Cash & Sliding Scale: Fee \$40 per session



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