

A WOMEN'S GROUP led by Andrea Barrett LPC, MHSP



Beginning May 22nd ~ Tuesdays 9:00 – 10:15 am ~ \$60 per session

This 7-week group is for women who want to experience a greater sense of well-being and pleasure in day to day life. The goal is to cultivate practices that help you stay connected to what you truly desire and increase your sense of personal empowerment.

Each week we'll discuss a tangible exercise that can help you stay aligned with yourself and what matters to you. This includes group discussion, personal inquiry, writing exercises, and simple self care practices that awaken your senses. We will talk about any relevant experiences you had during the week, both successes and challenges. Examples of practices we'll discuss:

RADICAL SELF CARE – What is it and how can you practice it more? What gets in the way or makes it hard to stay committed?

UNCOVERING LIMITING BELIEFS – If you feel stuck in a pattern, or are unable to take a step you want to take, what limiting belief or fear is stopping you? How can you work with this?

BEFRIENDING THE DARK – How can you befriend all of your feelings, even the darkest, rather than avoid them or cling to them? What can you do with them?

GRATITUDE PRACTICE – How can you feel gratitude when things are not as you want them to be? Why is gratitude a buzz word? Why is it so important?

Group is a confidential, respectful space. Andrea is a Licensed Professional Counselor whose work with others is motivated by her passion for well-being in her own life. Contact her at 615.300.0207 or andreablpc@comcast.net to learn more about the group and reserve a spot as spaces are limited.