

STARTING: Monday Jan. 9, 2012 through Feb. 13, 2012

TIME: 6:00-7:30PM

**DISCOVER YOUR
AUTHENTIC WOMAN Empowerment Group** (Facilitated by Tara Carroll Art Therapist/LPC)



Many women are going through or have gone through similar life experiences/challenges. By coming together in a circle of women, we can learn, grow, & empower one another. We will grow in our strengths, desires, & wisdom through writing, expressive art, listening, and conversation as we share our stories of commonality & individuality.

Below are some of the suggested themes from groups in the past. I have found often themes evolve organically in the group process:

- Honoring Yourself
- Speaking & Living your truth
- Finding your Authentic Self
- Exploring ways/tools to nurture yourself
- Reflecting on what inspires and empowers you –
- Reflecting on strength within, courage, wholeness and balance.

Cost: \$150 (Includes all art & writing supplies)

Group Max: 6 participants.

Email: tararose@grandtraversecircuit.com to reserve your spot