

“a special & unique invitation” . . . to become part of

A Women’s Healing Circle

6 Gatherings

Basic flow of each gathering:

. . . a *guide* (not a fixed or rigid schedule)

10am	Arrival, catch up “chit chat”, getting settled
10:30	Opening affirmation Check-in
11:00	Identify priorities for the gathering of the day Discussion & activity
12:00	Transition to closure for the gathering Relaxation
12:20	Announcements & updates
12:25	Closing affirmation
12:30	Departure

Focus:

“developing the *art & discipline* of sensory awareness” as a tool for stress management, weight loss & keeping it off, substance abuse/addictions recovery, injury recovery, pain management, anxiety, life transition issues, and over all enhancement & access to the JOY of living *your* life right now.

Purpose

- 1) Provide healthy network for women already committed to change
- 2) Support continued growth among these women who have already embarked upon a healing journey
- 3) Initiate a new productive pattern for living our lives

What to expect

- ✓ Build trust & safety *FIRST*
- ✓ Identify personal & group “goals” (what you want to get from this group)
- ✓ Receive the gift of new friendships!
- ✓ Discover, affirm, & explore (but not limited to);
laughing, crying, dance, move, breathe, draw, paint, sculpt, talk, be silent, be still, listen....
- ✓ Simple easy to do Yoga, Movement, Visual arts, music, Insight Counseling Techniques
Brief, concrete education for practical skill development, reinforcement, & understanding of identified individualized priorities
- ✓ A “fun field trip”:
(based on women’s interest); possible hike, picnic, or outdoor experience

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