



THE WISE WOMEN GATHERING SERIES



I. Practical Self-Esteem "Coping with Life"

There are times when life can be overly stressful, having a negative affect on self-esteem and self-confidence. It is during these times that validation, support and simply being heard is of vital importance.

Using self-esteem prompts and group support we recognize, validate and confirm your strengths. Self-affirming exercises bring a renewal of positive energy. Self-esteem homework assignments between meetings continue the positive energy of the group.

Meets Tuesday 7:30 p.m.-9:00 p.m. for a five week period followed by a two week break. Registration required.



II. Transcending Self-Esteem "Thriving in Life"

In this support group the focus is on tapping into our power and acknowledging our personal greatness. Using life prompts we tell our stories of wisdom and share the sacred beauty in our lives. Group members are encouraged to use these stories as inspiration and share with the teller how her story inspires.

Meets Mondays 7:30 p.m.-9:00 p.m. for a five week period followed by a two week break. Registration required.

III. Divine Feminine Study Circle

A study of the Divine Feminine from a historical, cultural, mythical, philosophical and psychological viewpoint. Some reading required. Diversity of opinions and perspectives welcomed and respected.

Meeting time and day determined by consensus of participants.

WomensWisdom

847-258-7225 | Mobile: 224-200-0273

Email: wwwomenswisdom@aol.com | Website: www.womenswisdom.org

