

# “KNOWING ME, LOVING ME”

## **THIS GROUP WILL APPEAL TO WOMEN WHO...**

- Long for more intimacy and happiness in their lives.
  - Know what they want and seek the support to move into bold action.
  - Respect the process of how personal dynamics may be creating or blocking what is desired.
- Get that tuning into self is a valuable resource for finding one's own voice and the natural solutions that reside within.

## **TOGETHER, with WOMEN just like US... CREATING the RELATIONSHIPS we deserve...**

Join a supportive circle of women and learn to create more of what you want in your life, through therapeutic dialog and supportive relationship.

Within a group of like-minded women, you can illuminate the ways in which you help and hinder yourself, increase your understanding of what you do, and how you are in the world. By cultivating confidence and true knowing, communication of your thoughts, feelings, and needs becomes second nature.

**WHERE: 315 LOS GATOS-SARATOGA ROAD, LOS GATOS, CA 95030**

**WHEN: THURSDAY EVENINGS, 6:15 -7:45**

**COST: \$40 PER SESSION**

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