

Life Practice Non-Profit Counseling Group presents...



## A FREE SUPPORT GROUP FOR WOMEN

*In every woman there lives a passionate, powerful, alive, and free spirit just waiting for her moment... this is yours.*

- ★ Women's Issues ★ Self-Care ★ Our Body & The Self ★
- ★ Balancing Self & Family ★ Relationships & Our Identity ★ Pregnancy
- ★ Motherhood ★ Personal Expression ★ Creativity ★
- ★ Spirituality ★ Health ★ Community of Powerful Women ★

**First Saturday of the Month**

**9am – 11am**

Life Practice Counseling Group  
3650 Auburn Blvd. Ste. 206, Sacramento, CA 95821

*In our sacred circle of sisterhood we will Explore, Uncover, and Heal the Authentic Woman in each of us through personal sharing, meditation, expressive arts, movement, sand tray, guided imagery, and the power of connectedness.*

**Call/Text to register at (916) 519-4334**