

Life Practice Non-Profit Counseling Group presents...



Loving and Healing Women

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

2nd and 4th Thursday of Each Month

6:00pm – 7:30pm

Life Practice Counseling Group
3650 Auburn Blvd. Ste. 104, 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, guided imagery, and the power of connectedness.

Call to register at (916) 300-6576