

Group Curriculum...

Week 1

Introduction to Grace and Self-Compassion

Week 2

Forgiving Yourself when Someone Else Won't

Week 3

Overcoming the Identity You Thought You Had

Week 4

Finding Grace When They Are Driving You Crazy

Week 5

How to Stop Comparing Yourself to Other Women

Week 6

Grave Giving Mistakes Purpose vs. Serving Shame

Facilitated by:

*Sarah J. Ball, M.A.
Marriage and Family Therapist*

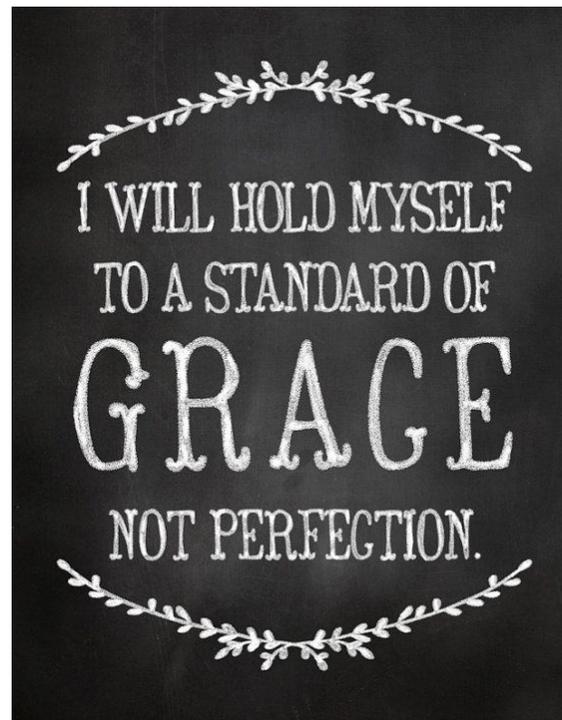
Registered Intern

IMF #73073

(530) 638-7190

sarahjeanball@gmail.com

*Supervised and employed by:
DaLene Forester-Thacker, PhD, LMFT
#MFC 33095, LPCC #629
353 Park Marina Circle*



Women's Group: Finding the Grace Within

A 6-week therapy group for women of all ages. Come join us on a journey each week that explores the joys and challenges of womanhood and how we can live our lives with grace and compassion for ourselves and others.

*Wednesday Night
5:30-7:00 pm
October 16 - November 19,
2014*

About Sarah...



Sarah Ball is a graduate of Seattle Pacific and Simpson Universities. She has facilitated parenting, women's and teen groups and is trained in EMDR. Sarah has furthered her education in the areas of adoption, foster care and trauma.

Sarah's heart for this work is to meet people where they are and provide a safe environment for them to share their story and move to a place of peace and confidence for the life journey ahead. It takes courage to ask for help and open up to someone new, and Sarah wants to honor that decision and be worthy of your vulnerability. Everyone has challenging seasons in their lives and Sarah has great respect for those who are willing to share their struggles and seek the help and perspective of others to help them on their journey.

Each week we will explore a new topic incorporating group process, discussion, experiential activities and personal reflection to help increase awareness of the concept of grace versus shame and how we can grant ourselves and others compassion to move forward in love.

The topics for each night which will build and overlap as group progresses, culminating in a retrospective look at each participant's journey as we conclude.

We will explore the feminine world from a perspective of self-growth, self-compassion and mutual support. The goal is for all participants to be in a place of giving and receiving knowledge, sharing insights and maintaining safety and trust.

Additional Details...

Meetings will be held at 353 Park Marina Circle in the group room on Wednesday night from 5:30—7:00 pm beginning October 16, 2014—November 19, 2014.

Total Cost: \$240.00

Call (530) 638-7190 or send an email to sarahjeanball@gmail.com to schedule a complimentary session to discuss participation, ask questions, and reserve your spot.

Space is limited to 8-10 women so call today!

Limited applications for 1/2 price scholarships are available. Inquire for additional detail.