

*I cannot change,
The Courage to change the things, I can.
And the Wisdom to know the difference.*

Prayer Intention Basket

Create Positive Affirmation Cards in Basket

Women's Empowerment Group

"You are not Alone!"



Angel Raphael for Healing

Women's Empowerment Group

"You are not Alone !"

GOAL: *For Healing and Empowerment
Sharing and Validating your personal journey and life stories*

Theory:

A Holistic Integrative approach -The Body, Mind, Soul and Spirit that meets the Client's needs that is strength based, an Eclectic Therapeutic approach - a Humanism/Existentialism approach - that is Client Centered including: Cognitive Behavioral Therapy (CBT), Solution Focused Brief Therapy, Reality Therapy, Psychoeducation, as well as modalities in relapse prevention education and techniques, mindfulness/meditation and grounding techniques.

Objectives in Group:

- To help in the further development of healthy coping skills strategies*
- Using creatively and expressive arts to develop your own unique "Toolbox"*
- To help develop healthy positive self-talk and positive affirmations.*
- To practice and gain a better understanding of the different types of communication styles/assertiveness skills: Assertive, non-assertive and passive aggressiveness.*
- To help encourage and improve problem solving techniques for positive growth and to help increase motivation for change.*
- For members to share their life stories, personal life challenges, and experiences - they have struggled through and have overcome.*
- For members to share one's openness in their thoughts and feelings/emotions with compassion and empathy towards others*
- For members to share their successes, life stories and coping skills strategies in helping to empower others through their own strengths, and ones' personal life journey.*
- To help enhance and increase ones' self-confidence, self-esteem, and ones' own voice - The Throat Chakra - Color - Blue - Archangel - St. Michael*
- Through further exploration and understanding of areas reviewed and discussed in Group, members will be able to identify one's own - What does, or may the "New Me" look like?*
- Through further exploration and understanding, members will be able to identify - What is one's connection - To how the aspects of the body, mind, soul and spirit of themselves - are interconnected in their lives.*
- For members to be open to the "Healing Process" and in supporting others in the Group.....And, To Have FUN in the Group !*

THE SERENITY PRAYER
*God Grant me the Serenity
To Accept the things,*

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