

# View from the Mirror

## Innovative Women's Group

BEGINS AUGUST 27, 2008.

THIS UNIQUE WOMEN'S GROUP IS DESIGNED IN FIVE SESSIONS - EACH COMPRISED OF 4-WEEKS OF CLASSES. PARTICIPANTS CAN CHOOSE TO JOIN INDIVIDUAL SESSIONS OR PARTICIPATE IN THE ENTIRE GROUP.

THIS GROUP IS FOR WOMEN WHO STRUGGLE WITH ISSUES RELATED TO SELF ESTEEM, DIFFICULT RELATIONSHIPS, AND BODY IMAGE.

### SESSION TOPICS:

#### RELATIONSHIPS 8/27/08, 9/3, 9/10, 9/17

HEALTHY VS. UNHEALTHY RELATIONSHIPS  
ASSERTIVE COMMUNICATION  
SEXUALITY/ INTIMACY  
CO-DEPENDENCY

#### BOUNDARIES 9/24, 10/1, 10/8, 10/15,

WHERE DO I STOP AND OTHERS BEGIN  
SETTING MEANINGFUL GOALS  
LETTING GO OF CONTROL  
MY INNER CHILD/ MESSAGES FROM THE PAST

#### SELF IMAGE 10/22, 10/29, 11/5, 11/12

BELIEFS DICTATE MY FEELINGS  
MIRROR MIRROR ON THE WALL, WHY CAN'T I SEE MYSELF AT ALL  
LIFE STORY  
CHANGING MY REFLECTION

#### GRIEF AND LOSS 11/19, 11/26, 12/3, 12/10

WHAT IS IT AND HOW DOES IT EFFECT ME  
BECOMING AWARE  
LETTING GO TO MAKE THE CHANGES  
RELAPSE HAPPENS

#### SELF CARE AND CARE GIVING 1/7/09, 1/14, 1/21, 1/28

HOLISTIC MEDICAL PERSPECTIVE  
OUR BODIES KEEP THE SCORE  
GOALS FOR SELF CARE  
RESPONSIBLE LIVING

I used to live in a room full of mirrors; all I could see was me. I take my spirit and I crash my mirrors, now the whole world is here for me to see.

Jimi Hendrix



I want to feel good about my relationships.  
Why do I put everyone else first?  
I know I should take better care of myself.  
Why do I keep struggling with my weight?  
I have a good life, but I am sad and anxious.  
What keeps me from being confident?  
I didn't have the greatest family growing up.  
Why can't I let go of the past?  
Other people say I am pretty.  
Why don't I like what I see in the mirror?

The goal of this group is to help women explore thoughts, feelings and beliefs affecting their lives. Through education, group activity and interaction, women will gain insight into their self limiting behaviors.

A free informational meeting will be held on Wednesday August 6th at 6pm and repeated on August 13th at 6pm

We are offering this group in it's entirety: 20-weeks or in 5 seperate 4-week sessions.

Individuals using insurance must get pre-authorization and are responsible for co-pays.

The cash fee for each session is \$20/class

For those participating in 3 sessions the fee is \$19/class

For those participating in 4 sessions the fee is \$17/class

For those participating in 5 sessions the fee is \$15/class.

**PARTICIPANTS MUST PRE-REGISTER FOR EACH SESSION.**

For more information contact:

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A clinical social worker with a direct, yet gentle, practical, and solution-focused approach for dealing with life's stresses.

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Specializing in recovery from childhood trauma, Post Traumatic Stress, Addiction, Stepfamily, Depression and Anxiety, Trained in Hypnotherapy and EMDR