

Women's Core Emotions

September 19-November 14
Thursday Evenings
from 6-7:30pm

Led by: **Courtnee Guynn (LPC-MHSP, temp)** and **Cari Stone**

A 10-week group for women.

Participants will learn:

- To identify emotions and to use them to process life events and build intimacy in a healthy way
- Why ALL emotions have value
- How to identify emotions and the defenses we put up against them
- How to get to the root of anxiety- the most common mental illness of our time
- How to have compassion for the child you *were* and the adult you *are*

**COST IS \$35, \$55, AND \$75 PER SESSION
AND BASED ON ANNUAL INCOME;
FINANCIAL HARDSHIP IS AVAILABLE**

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