

A Circle of Women



Therapy Group

"Something magical happens when women circle. We share our stories of hope, pain, transformation and joy...We experience fear, and find the feet to move through it. We experience anger, and are allowed it. Our hearts break and mend. Our spirits begin to soar. We become our truest, rawest, most divine, human selves. We are no one's lover, mother, boss, wife in those hours there. We are only our own precious selves." Leonie Allan

Just such a group is now forming. The group will gather around issues common to women's lives such as relationships, identity, self-esteem, work and family. We'll be meeting on the 2nd and 4th Thursdays of each month from 8:30 -10:30 a.m. at Green Lotus Yoga and Healing Center in Lakeville, starting this fall.

The group will be facilitated by Kris Koestner, LICSW and Jennifer Pearson, LMFT. They have been leading women's groups together for ten years. Learn more about them at www.lakewoodcounseling.com

If you have out of network insurance benefits, you may receive partial reimbursement of the \$75/group cost. For more information or to schedule an intake appointment, contact Kris or Jenny at 612.798.7373, ext. 12 or ext. 15.