

LIVE YOUR VISION! in relationships, friendships, family, and career.

This therapy group uses the creative arts – drawing, music, writing, movement, and psychodrama – to help you move out of old, stuck patterns and create the life you really want. No art experience required.

A Women's Circle:

Reclaiming Creativity in Every Aspect of Your Life An Ongoing Therapy Group

As a woman, creativity is our birthright. This therapy group supports you in bringing creativity into every dimension of your life, including:

- healing past wounds
- visioning the life you want
- creating healthy relationships
- journeying into the unknown
- making courageous choices
- setting boundaries
- listening to your intuition
- connecting to our bodies
- honoring our cycles
- nurturing your soul-life

FACILITATOR: Tuyet-Lyn Arias, MA, MFT Registered Intern, is an Associate Staff Member at the *Center for Creative Growth* and is an Expressive Arts therapist. Tuyet-Lyn uses her skill, intuition, and playfulness to help each woman find clarity, passion, and fulfillment.

Thursdays

7-9pm



Berkeley

\$40 per session

Sliding-Scale

Fees Available

Counseling With Heart - Producing Results That Work

CALL (510) 527-2100 for a FREE FIRST SESSION