Practicing the Art of Self-Expression:  
A Spring Group for Women

As children we were often taught to be “nice” and “good girls” which generally meant not expressing ourselves, especially our anger, disappointment or disapproval. Others were taught that what they have to say does not matter or is not heard. So, we have kept quiet or expressed ourselves in ways that leave us not feeling good. Speaking up, whether in social situations, in groups, or to our partner, our boss, or our family can be scary. In this group using Bioenergetic exercises and techniques we will practice knowing our truth and speaking up for ourselves, even when we are not sure what we have to say will be heard or valued. The group will include Bioenergetic exercises of grounding, setting boundaries and exploring self-expression, group sharing, and individual sessions as time allows.

Dates: Thursdays May 4, 18, June 1 and 15  Time: 7-9pm

Location: Gloucester  Cost of Series $140

Preregistration is required - Space is limited

Led by Laurie Ure, LICSW, Certified Bioenergetic Therapist.

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