



Anne combines talk therapy with equine-facilitated wellness sessions and meditation to help guide participants in achieving their personal goals

INGLEWOOD EVENT

From Surviving to Thriving A Personal Growth Program

LIVE A LIFE THAT IS ENGAGED, ALIVE AND CONNECTED!

Join us in a caring and open environment for this 10-week (12-session) program.

Sessions are facilitated by a registered clinical psychologist who, for more than 35 years, has helped guide people to live more harmoniously and to reach their personal goals.

You will uncover the habits, attitudes, beliefs and emotions blocking your ability to live a life that is engaged, alive and connected.

Topics include:

- Grounding—what it is, why it's important, recognizing when you are ungrounded
- Embodiment—learning to live in your body (felt sense) not trapped in your head
- Mindfulness—mindful awareness in daily life
- Emotions and Needs—what is their relationship and how does it affect self-care

The program consists of 10 group sessions (held in Inglewood) and 2 individual equine-facilitated wellness (EFW) sessions (held outside Cochrane)

Dates & Time: Group sessions: Tuesdays, March 5–May 7, 2019 5:00–6:15 p.m.
 Individual EFW sessions: March 15–17 and April 26–28

**PLEASE JOIN US.
IT'S TIME TO TAKE CARE WITH YOUR LIFE—TIME TO THRIVE!**

For more information

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