



SELF ESTEEM + SELF CARE GROUP

This 6-session workshop group is designed to help those who are committed and have a deep desire to increase their capacity for experiencing self esteem and self care. Many of us suffer from blocks and resistance to our own goals. The group utilizes mindfulness practices, expressive arts, and interactive engagement towards personal growth and learning new skills. This group has limited space which allows for individual attention. The experiences in this group are supportive to any other healing modalities you may already be participating in.

LOCATION Heritage Christian Church
Room 102 A/B
7413 Maxtown Road
Westerville, Ohio
43082

PEACELOVE PROGRAM SCHEDULE

Friday Evenings, 5-6:30PM
(90 minutes)
March 17-April 28, 2017 EXCEPT
March 24, 2017

COST FREE
PRE-Registration Phone
Chat Required

Call 614-568-3233 to make an appointment
for the phone interview, and to reserve your spot in
the group.

I am looking very forward to talking with you to see how
this group will support your well being and personal
growth journey.

FACILITATOR: Ellice Park, MA, LPC, CDMF, CLL, PLF has board certification as a counseling professional. She works at Pathways Counseling Center in private practice, serving individuals, families, groups, and organization through an integration of expressive arts, art as therapy, EMDR, gestalt therapy, dancing mindfulness, pastoral care, and clinical counseling.



