

Soulful Connection to Our Deeper Self:
Seeking what is True in Ourselves and Reconnecting with Lost Parts of Ourselves

An 8-week Group Experience
September – November 2022

Who is this group designed for?

- Individuals who are yearning for something “more” in their lives and want to live from a deeper or more rewarding place
- Individuals who are curious about themselves and developing into who they are “meant” to be
- People who may feel “stuck” in their lives, career, relationships, or next step
- Individuals who are open to exploring a deeper sense of self and connection to purpose/meaning and how this impacts their interaction in the world

What kind of group will this be?

- A blend of structured discussion/exercises and interpersonal interaction and support
- A group in which we will be using and sharing our personal experiences and challenges
- Brief reading and/or exercises to deepen the work in-between sessions
- Time limited with eight sessions (90 minutes each)

What are the goals of this group experience?

- For group members to re-connect with important aspects of themselves (e.g., their deep values, gifts, natural abilities, and sense of vitality)
- For individuals to feel validated in their struggles to live from their deepest sense of self
- To explore what gets in the way of living fully and keeps them “stuck”
- To find direction for stepping forward in life with their gifts and uniqueness

What topics will be covered?

- What does a “deeper sense of self” actually mean?
- Defining, exploring, and understanding our values and natural abilities
- Understanding resistance and what gets in the way of living from our deep sense of self
- Identifying personal pathways/projects to maintain connection to our vitality

The group will meet weekly Tuesday evenings in person at 5:30pm – 7:00pm at the Spiritus Christi Mental Health Center beginning **September 27**. *There is a possibility that the group may shift to zoom if circumstances change.*

There is no cost for the group.

For more info and for registration, please call our office at 585-325-1186 and ask for Amy or Mark