

Facing Overwhelm

Six weeks dedicated to finding time, clarity, and room to breathe

A weekly group offered by Erin Moline, MA
Starting Summer 2007

When we feel overwhelmed—by family, work, or the world around us—even the idea of finding time for ourselves, let alone taking it, can seem a daunting challenge.

Discover the key:

- ☞ Self-care is not just about making yourself feel better
- ☞ Good self-care doesn't have to take a lot of time

The group will start as soon as there are enough participants.

Please contact me if you are interested.



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