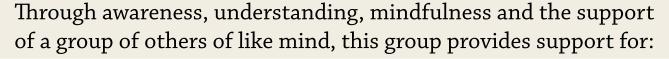




A Support Group Facilitated by Jennifer Downs



- Understanding how early attachment and self-protective patterns impact our relationships.
- Experiencing how through mindfulness, we can have more intimacy, warmth and sense of belonging
- Letting go of past losses and old self-limiting beliefs.
- Experiencing greater self-acceptance
- Becoming clear about what really matters
- Developing neural pathways to create loving relationships

"I felt a strong sense of mutual respect and caring in the group. Everyone had a strong desire to understand themselves and their patterns at a deep level. Thank you Jennifer for creating this wonderful program." Roger

Time and Date: TBA

Cost: \$200 for all 8 meetings



Where: Private home in Ashland Contact: jenniferdowns.net or 541-488-4872