

Mindful Transitions



A Support Group
Facilitated by Jennifer Downs

Through awareness, understanding, mindfulness and the support of a group of others of like mind, this group provides support for:

- **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