

## FINDING YOUR VOICE

### Women's Group

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*For a safe place to get  
to know and express  
your true self with the  
support of other women  
on the journey.*



### MEIER CLINICS

2100 Manchester Road  
Suite 1510  
Wheaton, IL 60187

Phone: 630-653-1717 or 1-800-848-8872  
Fax: 630-653-7926

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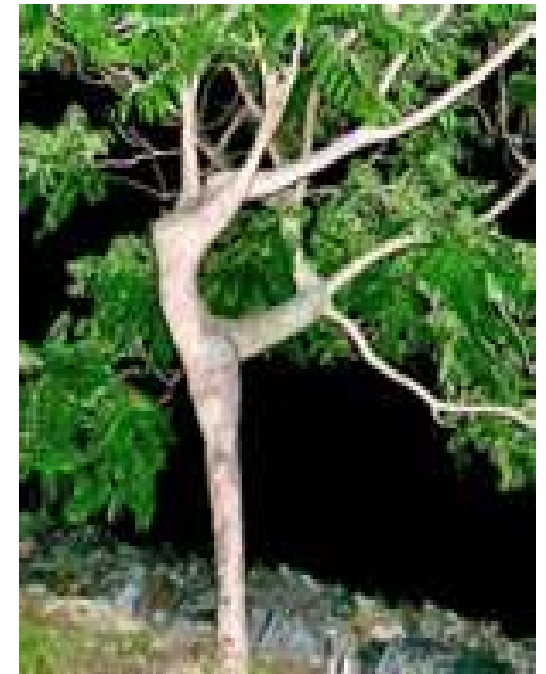


### MEIER CLINICS

Fall 2009 Session:

Mondays 7:00p - 8:30p

Sept 14th through Dec 7th



Group Facilitated By:  
Kelly Swatzell, MA  
Kristi Wright, MA

# Finding Your Voice Women's Group Information

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## WHO IS THIS GROUP FOR?

- ◆ Women 19 years of age and over who seek more experience knowing and sharing their true selves.
- ◆ Single, married, and divorced women are all welcome.
- ◆ Women who are or have previously been in personal therapy.

## PURPOSE:

- ◆ To Belong – Be part of a safe therapeutic community to share and receive acceptance, and to increase self awareness and confidence in self-expression
- ◆ To Be Yourself – Tune in to and be empowered to use your voice and express your true self.
- ◆ To Relate – Develop and practice skills for healthy interpersonal relationships where you can be yourself and be with others who are different.
- ◆ To Grow – Observe and learn from others through communication and active listening.
- ◆ To Challenge – Confront the doubts that keep you from being the person you want to be.

## COST:

- ◆ \$40/group meeting (sliding scale available)
- ◆ 15% discount available for pre-paying (due Sept 21st)

## TO REGISTER:

- ◆ Set up an individual meeting to determine if the group is a good fit for your needs. (To be scheduled Aug 24th, Aug 31st, or Sept 8th)
- ◆ Contact Kelly Swatzell, MA (x252) or Kristi Wright, MA (x247) for more information and to schedule your pre-group information meeting.

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