

CREATING PEACE FINDING JOY



**Practice being in your body
Befriend your emotions**

- Who:** Is your life full of chaos?
Would you like to feel present, mindful and at ease?
- Cost:** \$500.00 for 10 weeks
- What:** Psychodrama, Gestalt, Sandtray, Sociometry, Soul Collage
- When:** Tuesday Sept. 20 – Dec. 6, 2011 (excluding Nov. 8, 15)
- Where:** Sandra Webb Counselling, 21 King St. W, Unit 2, Cobourg
- Time:** 6:30pm to 8:30pm
- Email:** sandra@sandrawebbcounselling.com
april.shaw57@gmail.com

Please e-mail Sandra Webb or April Shaw to arrange a free pre-group telephone information interview.

April Shaw, B.S.W.

Trained in psychodramatic body work; facilitated groups for 10 years

Sandra Webb, B.A.Sc.

Trained in Sandtray-Worldplay; private practice for 15 years

www.sandrawebbcounselling.com