

THE WOUNDED HEART

a therapy group

For women who are burned out from caregiving, trying to heal a broken heart, struggling to be in or out of a relationship, parenting alone, or dealing with loneliness and isolation.

Women often struggle in matters of the heart, mostly doing it alone. Perhaps it is because we feel shame, insecurity or lack of trust. Maybe we are still licking our wounds, afraid that history will repeat itself, or we find ourselves so overwhelmed that there is no time to think, let alone the time to reach out. So we grit our teeth and forge ahead getting more exhausted and disheartened. Placing ourselves last, if at all, on a very long list.

This bi-weekly women's group will be a place of calm in the storm. Our time will be spent sharing our stories, offering support, encouragement, and feedback. In this environment there will be the opportunity to release your emotions and challenge yourself to move forward. The focus will be on building self worth, and learning self-care.

This group will be incorporating encounter group techniques, mindfulness meditation, and expressive arts to facilitate self-development. No experience is required.

Introductory evening If you are considering this group an introductory evening will be held April 16, 2015 from 7-8:30 pm so that you can meet the facilitators, hear an overview of the group and have your questions answered.

Date & Time Four Thursday evenings, April 30, May 14, May 28, and June 11, 2015 from 7-9pm

Location Queen Street East and Wineva Ave, Toronto

Cost \$45 per session

Facilitator **Laura Di Vilio** is a psychotherapist in private practice. She combines her extensive training and experience of over 25 years in psychodynamic psychotherapy, expressive bodywork, artistic expression, meditation, into a practice that assists clients to a more fulfilling, rich and aware life. She can be found at www.therapytoronto.ca



Contact Laura Di Vilio at 416-418-0582 for further information