

2017 DATES

Monthly Evening Workshops to **DE-STRESS AND DE-DRAMATIZE** **YOUR LIFE**

Workshop Content:

- How to create rituals and practice Mindfulness Meditation
- Learn how to shift out of patterns of stress, chaos, and doubt
- Experience connecting with source and honoring spirit
- Connect to a safe support system
- Recognize unhealthy reactions that heighten drama and stress



Workshop Benefits:

In these monthly workshops you will learn how to exercise effective tools for de-stressing even in the midst of chaos. The group format and forum allows for addressing and handling real life situations and how to stop the *drama triangle* patterns.

You will gain insight into understanding your emotions and personal triggers and how to shift long held mental images and situations that prevent joy and peace. You will learn how to become more mindful of day-to-day stressors and become more conscious of your thoughts and your inner world.

"If not now, when?" Unknown

Tuesdays, starting January 17, 2017

Arrive at 6:45pm for start at 7:00 - 9:00pm

\$45 Monthly or pay for 7 sessions at \$299 (instead of \$315)

Check/cash at the door. RSVP... Reserve your seat by calling 734-420-2935

Send checks to: Donna Marie Consulting, 16600 Weatherfield, Northville MI 48168

Workshop Location: 16600 Weatherfield, Northville MI 48168

Jan 17

Feb 21

Mar 21

Apr 18

May 16

Jun - Sep (Summer Break, No Workshops)

Oct 17

Nov 14 (No December Workshop)



Presented and facilitated by

Donna Marie, MA, LLP, Clinical & Humanistic Psychology

Stress Consultant - Confidante - Counselor - Speaker

www.DealWithStressToday.com 734.420.2935