

The Family Therapy Institute Presents:
Women in Transition II



A Group for Women in Mid-Life

*Would you like to face the next half of your life with more courage, acceptance & creativity?
How would your life be different if you used change as a tool for growth?
Do you need to find a stronger voice in your own life? Are you living your dreams?*

Mid-life for many of us is a time of profound change, which urges us to meet ourselves with more compassion and mindfulness. This safe, supportive group for women (40-65 years) explores the common themes we wrestle with at this life stage, the stage Erickson called "generativity". Outcomes for members include: deepened awareness of our unique reactions to change & transition; support for transforming old, reactive patterns into potent, inspired & self-directed action; resources for creating more satisfying connections with self and loved ones; and clarity of purpose to pursue & cultivate what matters most. We begin within.

Themes to Explore

**Identifying Renewed Purpose *Mindfulness & Changing Outmoded Patterns *Aging Well *Depression & Anxiety *Changing Roles with Partners, Children & Parents *Death, Loss & Grief *Removing Roadblocks to our Dreams *Spiritual Elements to Our Journeys*

*Dates: Wednesdays, from 10:00 – 11:45 a.m.
Location: The Family Therapy Institute of Santa Barbara, 111 E. Arrellaga St.
Cost: \$160 per month with a year commitment
Facilitator: Katie Karas, LMFT #49876 FOR MORE INFORMATION: PLEASE CALL, 882-2400, x 306*