

The time for women to step into each other's lives and create a safe space for supporting and listening without judgement is NOW. Let's come together for an opportunity to share openly and honestly about our struggles and fears, as well as our dreams and desires.

It is important to remember that we are not alone and we were put on this planet to connect with, support, and love each other.

Each woman will have an opportunity to share openly about their lives or answer a thought provoking question that everyone will receive upon arrival and have a few minutes to journal about. Depending on the size of the group, a timer will be set appropriately so that everyone gets the same amount of share time. The intention is to hold space for each other, not judging or interrupting the person sharing or trying to offer them advice. If you want to talk to someone at the end of the gathering to exchange ideas, that will be up to you. Everything that is shared in the circle will be confidential, each woman will be expected to respect the privacy of the group.

What: Women Supporting Women Gathering

Where: Stay Tuned!

When: Wednesday May 22, 2019

Who: Anyone that identifies as a woman, mamas with their babies that are pre-crawlers are welcome.

What to Bring: Bolster or meditation cushion to sit on, blanket if you'd like to lay down for the closing meditation, water to drink, journal & something to write with. Most importantly please bring an open mind!

Cost: Donate what you can, no one will be turned away for lack of funds. Suggested donation \$5-\$15.

Please use the hashtag #womensupportingwomen on social media to help us spread the word!