

WOMEN EMPOWERED



SATURDAY 6/21/14

9AM-NOON

HOW CAN I LOVE MY IMPERFECT SELF?

Daily - we are presented with idealized images of perfection. Our bodies, parties, the food we make, the clothes we wear, our children- we pin these images in hopes that we can replicate perfection in our daily lives. Even though deep down we know perfection is impossible - we still feel overwhelmed and like failures. Our culture and the heavy influence of media images affects us all - creating a constant pressure to meet unrealistic standards. Come learn tools to understand the influence of our culture and the media on our self esteem and the negative beliefs we create about ourselves.

This 3 hour workshop will teach you to deconstruct these pervasive messages and provide tools and empowerment to break free of the impact of perfectionism. Presented by Chris Adams Hill, LCSW & Misty McIntyre Goodsell, LCSW.

Visit: www.southvalleytherapy.com For details, registration and information about discounted prices and CEU availability.

\$100

**LOCATION:
TBD**