

CONNECTIONS

A 6 Week Shame Resilience Class
Developed by Brene Brown

SHAME:
the intensely painful feeling of being flawed and defective, and therefore unworthy of connection and belonging.



WORTHINESS:
is not about who we should be or might be or could be. It's about who we are. Right now. Today. It's about waking up and believing:
I am enough.

Free Introductory Classes

Mon. Feb 13th & Wed. Feb 15th 7 - 8 pm

Location: 217 Locust NE

6 week class runs: Tuesdays Feb. 21st - March 27th 7 - 9 pm

Cost: \$120



SAMARITAN
COUNSELING
CENTER

~participant comments~

This class has been a tremendous help to me! In such a short time I am already aware of what causes me to feel shame, why and how to overcome it.

The way I think about myself and others has undergone a change. As a result I am finding a deeper connection to those around me.

This class has been intense, liberating, strengthening, amazing!

For more information and to register call
842-5300 #215



Susan McCamey
LPCC, facilitator

