Therapeutic classes provide an alternative method to enriching your life and learning from yourself and others. Workshops are offered for groups of 5 or more in either a 1-day, 6 hour session or a 1hr/day, 6 week series.

Costs range from $45 - $90 per person depending on capacity. If there are no scheduled workshops, feel free to call and discuss scheduling one for your group or agency.



Women's Wellness

Superwoman powers of self healing

Having the XX chromosomes comes with it’s own set of responsibilities, and naturally that comes with challenges. Discuss the history of women’s roles and rights

and how everything applies to today’s woman. Learn how to: Swap out that “baggage” for a tool box of coping skills – trade your “protective wall” for healthy boundaries – exchange bitterness for acceptance for those things that we can not change. Through real life stories of female triumph we will share with and learn from

one another the ways we stay sane.



Stress Management

More than just counting and breathing

Uggghh! Stress is a part of everyday life but at times can feel like too much to handle and this can affect our relationships, emotional and physical health. Here you can gain a sense of control over your experiences and emotions. Equip yourself with the tools you need to cope with minor and major issues while making healthy decisions for

today and tomorrow. This is not just about how to deal with the next life hurdle, but focuses on building a lifestyle of balance and boundaries.



Adolescent Character Building

Super Who?...Super Me!

Whether you are having trouble with your child or just want your angel to get a little more encouragement, this workshop can be beneficial. By promoting self-care and confidence, we help each child gain a sense of self that has no room for negative antics or peer pressure. Participants will be educated on the three dimensions of self (mind, body, and spirit) and how to take care of each by building morals, boundaries, and personal ethics. A child that is confident and is proud of who they are will make

better decisions.



Anger Management

Anger is an emotion, Violence is a choice

Anger is a natural and necessary emotion – the problem is when one chooses to act

aggressively or violently when angry. This can lead to relational problems and feelings of guilt and depression. It often feels as if we “just snapped” but the truth is that there is time to think before acting. In this 12 part workshop, learn the difference between the behavior and emotions of anger, the four cues of anger, and the importance of assertiveness. Leave with your own personal anger control plan with multiple techniques to use in different situations.