

When the high winds of life threaten your very roots...



How do you take care of yourself?

Introducing a new FALL WOMEN'S SUPPORT GROUP

HIGH WINDS – MOVING THROUGH THE UNEXPECTED

Together, in a safe setting, we will explore how the high winds of change impact our lives. Illnesses, hormonal changes, relationships issues, and aging are some examples of what can bring chaos and/or transformation into your life.

This group will honor the feminine approach to healing from these times of upset. As we deepen our capacity to ride these winds of change in the feminine way, we will increase our trust in our own inner maps, experience greater inner ease and discover an increased awareness of that which is sacred in our lives.

This process will deepen your experience of being rooted, both within your self and your community.

Location: Gordon Medical Associates
3471 Regional Parkway
Santa Rosa, CA 95403

Dates/Times: Sunday, 2-3:30 pm 9/12; 10/3; 10/24; 11/14; 12/5
Cost: \$150

Pre-Registration is Essential! Please call Mary Karp, 707.318.5902



Jane Kennedy, Nurse Practitioner, has personally and professionally experienced that well-being depends on the balance of body, mind & spirit. The body may get our attention with symptoms but full healing comes through addressing emotions, beliefs, thoughts, spiritual connection, relationships, and our environment. Whether working with patients on prevention or hormone balancing, cancer or hospice care, Jane has always been passionate about nurturing whole person healing and supporting her patients in finding that process within themselves.



Mary Karp, MSW, was catapulted into the 'unknown' with the discovery of two life-threatening chronic diseases in her early forties. Attending to her inner life— through the art of spiritual direction— became her path out of the ensuing inner chaos. Today, as a certified Spiritual Director, she sees her clients through these complex times of unexpected disorientation and loss.