

Women's Circle

Purpose of the group:

This group is intended to create a non-judgmental support network for women from all walks of life. Its intention is to create a safe space for women that are interested in self-development, introspection, and deeper connections with other like-minded women.

What it is about:

- It is a self-led support group (no specific leader)
- No religious or other affiliation.
- The content of each meeting is determined by the ideas and interests of each group member
- A structured framework with clear rules provides safety (confidentiality)
- It is a solution-oriented group looking at the positive aspects of life.

What it is not about:

- It is not a therapy group, as there won't be a professional leader
- The group is not linked to any religion or other organization
- We don't meet for general socializing purposes, gossip, or shopping tips
- There won't be any room for gossiping or complaining, as we want to focus on the positive aspect of our human nature and life

Why do we meet?

- A group can provide a safe space for people to connect on a deeper level in order to learn from and support each other
- The meetings will provide a space for respectful and undivided attention and support
- We will learn respectful ways of communication and how to give and receive support from other women

Goals of the Women's Circle:

- Create proactive change in your life
- Identify your goals and dreams and go after them
- Connect to people on a deeper level
- Learn from the wisdom of other women and support each other

Introductory Meeting:

When: 12th January 2009 (Monday) at 10:00

Where: Our home; directions will be provided

Group Size: 6-10 women

Contact Information:

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