

It's time to take care of yourself.

To protect ourselves during highly stressful times, we often become disconnected from what is going on in our own lives, instead focusing on taking care of the immediate needs of those we love.

Take care of yourself.

Join this diverse, mixed gender group to gain the tools you need to help you **live a fulfilled life.**

- **Become a better lover by learning to love yourself**
 - **Understand how to practice empathy**
 - **Exude authenticity**
- **Expand your ability to feel and express emotion**
 - **Learn to establish boundaries**
 - **Build confidence**
- **Fulfill your own needs and wants**

Learn more: www.grace-riddell.com/groups

**Mondays starting April 9, 2018
from 6:35pm - 8:00pm**

**3000 Connecticut Avenue NW, Suite 137
Washington, DC 20008**

***Space is limited! Call (301) 942-3237 to register today!**



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