



NUTLEY FAMILY  
SERVICE BUREAU

# *Women's Healing Circle*

*(Ages 18-30)*

Embrace the joy of sisterhood. Together, come create a sacred space where hearts connect, spirits are lifted, and honor is given to one another. This circle will provide the opportunity to tap into innate wisdom of the heart, where core strength and beauty reside. Through this weekly gathering, therapist-guided tools will be offered in community for the practice of powerful attitudes such as self-appreciation, positivity receptiveness and acceptance of grace.



**Insurances accepted for payment or \$15/session. Come as you are.**

**When:** Every Wednesdays, 5:30 pm to 7:00 pm

**Where:** 172 Chestnut Street, Nutley, NJ 07110

**How:** Please call with questions and to register (973) 667-1884