

You Know What I Mean?

An exploration of accurate language in identifying, naming, and communicating emotions.

A small group of women will, over eight weeks, explore the accurate words for what we are feeling.

Learn where such feelings are coming from and what they may **really** be about, so you can articulate and communicate your feelings to others... accurately!

The group is based on Brene Brown's #1 New York Times best-selling book '*Atlas of the Heart*'. This will be a personal journey of safe conversation, journaling, and creative expression.

You will explore emotional literacy as it relates to each person and where they are at in their journey - that is life as a means of improving our human connections and relationships.

A commitment of 9 weeks is required, group is limited to 8 participants.



Dates: Tuesdays, 25th July to 19th September

Time: 9.30-11.30 AM

Venue: Minnawarra House, 24 Numulgi St, Armadale

Cost: Donation to Food Pantry

Text your name and contact details to Leonie - 0474 032 171