

How to Grow Deeper Connections with Others



A women's therapy group facilitated by
Gwen Schauerte, M.Ed.

In this 12-week committed group, you will learn how to:

- Relate better with others while growing a sense of your own self
- Set boundaries while maintaining connections with others
- Let go of fear or anxiety and learn to love with more openness and honesty

Approaches may include: group interaction, mindfulness breathing, creative expression, journaling, active listening, focusing and creative writing

Time: Monday evenings 7:00 pm to 9:30 pm

Start Date: March 10, 2014 (intake is ongoing)

Location: Ossington/Bloor area in Toronto

• This is a committed group. • You may attend up to two meetings before committing to the full 12 weeks. • The fee for each group meeting is \$25. • An intake/screening meeting is required by the facilitator. • This group is suitable for women who have done some therapy or other healing work and are ready for deeper group interaction.

To register: Email Gwen at info@effectivetherapy.ca

About Gwen Schauerte

- Compassionate therapy for life challenges: depression, anxiety, self esteem, boundary setting, parenting, trauma and more
- Master's of Education degree (University of Toronto) and certificates in Couples' Counselling, Addictions and Trauma
- Clinical member of the Ontario Association of Consultants, Counsellors, Psychotherapists and Psychometrists and a Clinical Associate of The Mindfulness Clinic in Toronto
- Helps clients to navigate transitions, transform relationships and grow personally since 1991

"Gwen... consistently demonstrates compassionate listening skills as well as wisdom and an intuitive sense of what is needed in the context of the therapy process. As a woman she is impressive with her ability to empower the other women in the group and to demonstrate this in her own life and close relationships. She is also a student of yoga and is able to demonstrate her skills and knowledge in this discipline in such a way that a deeper sense of relaxation and balance is created in her students."

Dr. George Lewis, M.D., Toronto