

# WOMEN'S WELLNESS CIRCLE



## experience rooted connection in community

Held in-person at the Commonplace  
159 Main Street, Derby Line, VT 05830

**SATURDAY**  
**JUNE 1ST AND JUNE 8TH**  
**10 AM - 3 PM**

### DEEP BREATH

...Imagine a space you can breathe, be just as you are, and find connection...

Join a small group of women coming together to nurture ourselves and one another while we seek:  
**CALMNESS, COMPASSION, CONNECTION and CURIOSITY**

- This group is for anyone looking to deepen their connections and nourish their soul.
- Using a variety of activities, we will focus on building emotional wellbeing...and prioritize having fun!
- Bring your courage and willingness to explore. We will set a space held in warmth, acceptance and understanding.

Email us for more information and to register:  
[soulhealingvermont@gmail.com](mailto:soulhealingvermont@gmail.com)

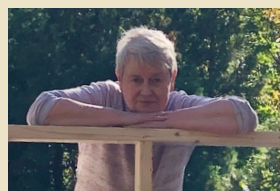


**Space is limited!**  
**RSVP by April 30, 2024**

#### **\$250 Includes:**

- 1 hour orientation via Zoom in May (TBD)
- Group sessions on 6/1 and 6/8, held in-person
- Lunch is included, sharing food in community on site

Payment accepted via credit card, cash or check  
Receipt of payment secures your spot and commitment



**Rose Stackhouse, LICSW**  
A psychotherapist practicing in  
Burlington, VT  
with roots in the NEK

#### **FACILITATED BY**



**Karen Crowley**  
A retired counselor bringing decades  
of experience in group work  
NEK is home, with roots throughout  
New England