



ABOUT THE FACILITATOR

Kathleen Pratt has more than 25 years of experience as a professional social worker and group facilitator. She is registered with the Ontario College of Social Workers and Social Service Workers.

Her *Rebuilding When Your Relationship Ends* group has graduated more than 100 people from across South-Eastern Ontario since 2007.

See www.brenebrown.com for Brené's books, TED talks and interviews



Kathleen's Vision:
"A more peaceful world of individuals who have been made stronger by their losses, possess more love than fear, and make healthy choices in their relationships."

Rebuilding and Beyond
Groups and workshops for personal and relationship growth

Kathleen Pratt BA, BSW, MSW, RSW
Kingston, Ontario
613-777-5207
rebuildinginkingston@gmail.com

CONNECTIONS

A group for women



Tuesdays, January 23 to March 27, 2018

7:00 p.m. to 9:00 p.m.

SOUND FAMILIAR?

“I’ll be happy when ...”

“Never good enough ...”

“I just need to try harder”.

“What will people think?”

What is it that makes women so hard on themselves? Where do the relentless standards that we try to live up to come from?

Shame is what drives us to hate our bodies, fear rejection, not take risks, and hide our true selves.

Shame resilience is the ability to know what triggers your shame, recognize it and respond to it in constructive ways.



WHAT IS THE AIM OF CONNECTIONS?

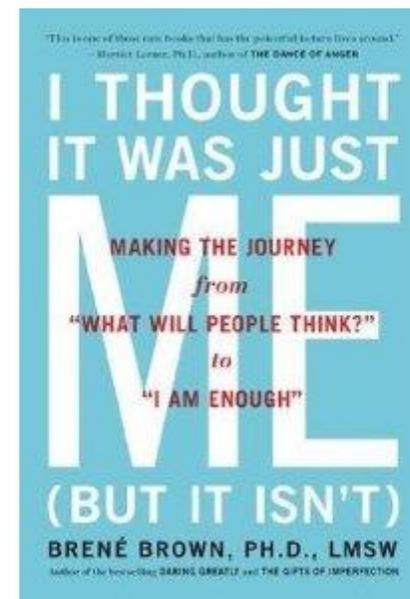
Based on a book by social worker and researcher Dr. Brené Brown, this ground-breaking program brings women together to identify and challenge the things that reinforce the belief that we need to strive for perfection.

We will explore the messages that tell us what we should look like, how we should behave, and what kind of wife/mother/career or <insert your role here!> woman we should be.

This new awareness, gained in an atmosphere of confidentiality, support, and empathy makes it possible to embrace our unique selves with acceptance.

Personal reading, group activities, and individual reflective exercises (including mindfulness meditation and guided visualization) help people share and learn from their experiences.

Connections is a ‘psycho-educational’ group, meaning it is designed to help participants with the intellectual and emotional learning necessary for personal growth. It is not a therapy group.



*“It’s time to reclaim the gifts of imperfection – the **courage** to be real, the **compassion** we need to love ourselves and others, and the **connection** that gives true purpose and meaning to life.”*
~ Brené Brown
