

# Introductory Level Women Embracing Wholeness (WEW - I)

## Women Embracing Wholeness (WEW - I) – Introductory Level

The *Women Embracing Wholeness (WEW - I)* - is an 8 week program, which meets once a week for 8 weeks. This innovative program allows each woman an opportunity to: contact, open, explore and retrieve internal wisdom. Each successive week will introduce new exercises and skills which will be integrated during the 8 week program.

All the hours in the program will be energetic, experiential and practical.

Participants will explore and engage in the nature of one or more disempowering patterns that run their lives. Through individual and supportive facilitation, each woman will experience their own unique set of empowering energies. With awareness and self-discovery each woman will experience and access her own unique internal wisdom of Wholeness.

**Eight Weeks, on Tuesday evening's, 6:30 pm - 9:00 pm - \$ 400  
Register before January 1, 2011 - \$ 350**

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|-----|-------------------|---|
| (1) | February 01, 2011 | Discover and experience your protector                  |
| (2) | February 08, 2011 | Honour and experience your boundaries                   |
| (3) | February 15, 2011 | Experience the gifts of being a woman                   |
| (4) | February 22, 2011 | Understand the messages that override wisdom            |
| (5) | March 01, 2011    | Experience conscious choice                             |
| (6) | March 08, 2011    | Transform critical messages into direction and guidance |
| (7) | March 15, 2011    | Convert judgements into empowered forgiveness           |
| (8) | March 22, 2011    | Create mutual respect for what you need and want        |

*"Who looks outside, dreams. Who looks inside, awakens." - Carl Jung*

**Awaken the Wholeness and Gifts of Being a Woman**



### Armstrongs' Counselling Services

Telephone: (780) 444.4399  
 Email: dmarm@telus.net  
 Address: 10027 - 166 St., Edmonton, AB  
 Websites: ArmstrongsCounselling.com  
 (see testimonials of WEW Program)  
 VoiceDialogueEdmonton.com

### Donna Armstrong, B. Ed.,

#### WEW - I & WEW - II (created in 2003)

Psychology of the Selves & Aware Ego Process  
 Voice Dialogue Methods & Body Dialogue Techniques  
 Energy Psychology Therapy  
 Advanced Integrative Therapy Trauma Protocols  
 Emotional Focused Therapy for Individuals & Couples



**Registration Form**, send registration form, with cheque for \$ 400 or \$ 350 if received before January 1, 2011, payable to: Donna Armstrong addressed to: Armstrongs' Counselling Services, 10027 - 166 Street, Edmonton, AB T5P 4Y1. Receipts will be issued first night of program. If for any reason the program is cancelled, all funds will be refunded.

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First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Apt. #, Street Address or Post Office Box Number

\_\_\_\_\_  
City or Town, with Postal Code

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
E-Mail Address