

Women Embracing Wholeness II (WEW-II)

*WEW - II meets once a week for 8 weeks as
an experiential, psychological, and educational development program.
The WEW - II program provides an opportunity
to experience and develop skills in expanding and enhancing internal wisdom.
Through supportive facilitation
each woman will integrate the skill sets developed through the program
to further embrace her unique Wholeness as a Woman.*

8 week program - Tuesday, 6:30 pm - 8:30 pm, fee of \$ 400
A phone intake (780.444.4399) is required before registration acceptance.

Register before, Friday - March 18 - reduce fee to \$ 350

1. April 12, 2011 - Transcend Anger into a Positive Emotional-Response
2. April 19, 2011 - Say "No" to Negativity in Yourself and Your Relationships
3. April 26, 2011 - Learn to Laugh at Yourself and Extreme Events in Life
4. May 03, 2011 - Experience being Heard in Different, Diverse and Difficult Situations
5. May 10, 2011 - Develop Power-Packed Skills of Clear, and Concise Communication
6. May 17, 2011 - Release Creative Feminine Thinking and Performing
7. May 24, 2011 - Enhance your Self-Respect, Confidence and Assertiveness
8. May 31, 2011 - Increase your Poise, Power and Grace

Attending the WEW - I program is an asset before taking the WEW - II program but is not required.



Armstrongs' Counselling Services

Telephone: (780) 444.4399
Email: dmarm@telus.net
Address: 10027 - 166 St., Edmonton, AB T5P 4Y1
Websites: ArmstrongsCounselling.com
VoiceDialogueEdmonton.com

Donna Armstrong, B. Ed.

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



WEW - II Registration Form, send this registration form, with cheque payable to Donna Armstrong.

Send to: Armstrongs' Counselling Services, 10027 - 166 Street, Edmonton, AB T5P 4Y1.

Receipts will be issued the first night of program. If program is cancelled, all fees will be refunded.

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