

# MONTHLY SELF-CARE INTENTION WORKSHOP

**SELF-  
AWARENESS**



**SELF-  
COMPASSION**



**SELF-  
CARE**

**Join Michelle Market, LPCS, CEDS, & Grace Goodman M. A. Counseling student, for a monthly self-intention- workshop experiential**

Grab your favorite warm beverage, your journal open to a crisp, new page, and your favorite pen. In this monthly experiential you will be guided through a self-care audit and provided with a space to learn about creating monthly intentions to help support you feeling your best.

**Offered virtually the \*first Monday of the month**

**\*Please note: January's workshop is the 2nd Monday of the month**

## TIME & DATES



7:30-8:30 P.M.



10/2, 11/6, 12/4, \*1/8,  
2/5, 3/4, 4/1, 5/6, 6/3

## ADDITIONAL INFO



\$25 INVESTMENT EACH MONTH  
\*MONTHLY ENROLLMENT NOT  
REQUIRED **FREE FOR ALL  
CURRENT CLIENTS**



OFFERED VIRTUALLY



TO ENROLL  
**PLEASE EMAIL MICHELLE:  
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