

EMBRACE THE SPACE: UNDERSTAND YOUR POWER



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Women and Anger Expression Group

Females of all ages are socially conditioned to believe they must be the caregivers, the nurturing figure, the calm force; and contrarily, females are discouraged from expressing negative feelings including anger both outwardly and physically.

Anger is a natural emotion and very much part of the human experience. It is when females are tasked with ignoring and suppressing anger that they lose the ability to understand and express their anger in a healthy way.

This group aims to help members create space for their anger, learn about their anger, and express their anger in a healthy and powerful way.

Every 2nd and 4th Monday of the month.
Feb 10th and 24th March 9th and 23rd April 13th and 27th
4-5pm
\$30.00 Fee

Location: 5650 Greenwood Plaza Blvd. Suite 144,
Greenwood Village CO 80109



BRIGHTSIDE COUNSELING

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