



INNER JOURNEY CIRCLE

an empowering summer group for young women ages 18 - 24

institute for *girls'* development[®]

Six Sundays, June 28 - August 2
3pm - 4:30pm

\$540 - Sliding scale available for eligible women.
Feel free to request an insurance form when you call.

This is an exciting and transformative time in your life! It can also be a challenge to carve out a path in college or navigate life as a young adult. We'll create a safe space to explore and reflect using expressive arts activities, mindfulness tools, intuitive arts exercises, self-care rituals and camaraderie.

Return to college or work feeling recharged and ready to take on adulthood!

Build important life skills:

- Create a personal self-care routine
- Expand confidence and community
- Develop your intuition
- Fortify your relationship with yourself

Engage in unique, dynamic activities:

- Morning pages journaling exercises
- Personal anthem art and music activity
- Creation of goals and intention candles
- Outdoor nature connection session
- Meditation, visualization...and more!



Facilitator Cristina Lugo, LCSW

"Gathering in circle is an ancient tradition that helped our ancestors commune and heal. Women's circles made a comeback during the feminist movement in the 80s, and I'm so excited to create a fresh approach to this activity - bringing together old and new traditions. I can't wait to show you this wonderful way to heal and connect with other young women. I hope that after this group, you can bring these traditions and skills into your adult life." (LCSW 71254)

To learn more, contact Paige Howard at PHoward@IFGD.care or 626.585.8075 ext 108.