

# LADIES' EMPOWERMENT GROUP

## WEDNESDAY LUNCH HOUR

Tired of accepting less than the best for your life? The Ladies' Empowerment *lunch hour* group may be right for you in 2015.

This powerful group combines expressive art techniques, psychodrama and interpersonal relational strategies to move members on an exciting journey of self-discovery, that can propel them toward a new, vibrant life that once was only a dream.

This group has a limited number of openings. Email [kaci@catch23performance.com](mailto:kaci@catch23performance.com) to schedule a consultation about reserving your spot at the table.



10 Weeks | Alternating Wednesdays | 11am-12:30pm



With a Master of Science in Clinical Mental Health Counseling, Kaci brings a wide variety of clinical knowledge and experience to the group setting, including personally studying with Dr. Gerald Corey, Professor Emeritus of Human Services at California State University at Fullerton.

Kaci operates a private practice in Nashville, TN, is an Adjunct Professor at Cumberland University and is an active member of the American Counseling Association (ACA), Association for Specialists in Group Work (ASGW), and the Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (ALGBTIC) as well as pursuing becoming a consultant with the Association for Applied Sport Psychology (AASP).

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