

“Owning our story and loving ourselves through that process is the bravest thing we will ever do.” ~ Brene Brown

Register today for a Specialized Group to Learn, Nurture & Heal

Women’s Grief Group (Motherless Daughters)

What: Embrace a supportive environment where we share feelings of grief, sadness, depression, anger, denial, numbness, shock, and loss. Meditation is offered and there is an intimate environment created by deep listening and kind words where no one feels alone and all stages of grief are welcome.

Who: For women who have lost their mothers within the last 2-5 yrs.

When: Tuesdays, 7:15-8:45 pm, biweekly

Where: 1904 South St., Philadelphia, PA

Cost: \$50 for a drop in class or \$120 for a series of 3 classes to be used within 3 month’s time.

Weekly Jewish Spirituality & Mindfulness Meditation Circle

What: This group teaches and supports those with a meditation practice or desire to create one. Readings, texts and quotes, often nestled in Jewish spirituality, accompany meditations for sharing feelings and courageously showing up whole heartedly wherever we are in our life’s journey and with compassion.

When: Mondays, 9:15-10:30 am, weekly

Where: A private residence in Narberth, PA, Non-Jewish women are welcome.

Cost: \$20 for a drop in and \$85 for a series of 5 classes to be used within 3 month’s time.

Compassionate Meditation Women’s Supportive Group

What: This group is for anyone who has or desires to create a meditation practice for themselves and would like to join with other women who are willing to share their feelings of struggle and stress openly.

Meditation techniques are taught and Tracey leads the group in a warm and nurturing, supportive circle.

When: Tuesdays, 7:00pm- 8:15 pm, biweekly

Where: A private residence in Philadelphia, (Center City).

Cost: \$30 for a drop in and \$100 for a series of 4 classes to be used within 3 month’s time.

Retreats

Tracey offers a day full of mindfulness techniques, trust and intimacy forming activities for the group, opportunities to do some deep soul searching and finding loving kindness and compassion for ourselves and others. A mindful eating potluck lunch is an experience not to miss. A day to relax and grow closer to the best version of yourself. \$125 pp and can be hosted in someone’s home (fee waived for the host). Gather your friends and take care of each other with this gift of a day to nourish yourselves.



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