

# Did you just come back from a life changing study abroad experience?

Are you still trying to make sense of what happened overseas?

Are you unsure how to talk about your experience?

Does life in the US seem strange to you now?

Do you feel like some parts of yourself haven't made it back home yet?

Join us to share your experiences and learn more about what's happening in you!

## **Saturday February 8<sup>th</sup> 9:30-12:30, Study Abroad: A Hero's Journey**

Welcome yourself back from the long journey you've taken. Join us for a morning of sharing your story, reconnecting to the land around Boulder and uncovering the gifts you've brought back from your time overseas.

**Saturday February 22<sup>nd</sup> 9:30-12:30, Creatively Reconnecting With All Parts of Yourself** Join us for a morning of creative exploration and sharing about who you were before your study abroad experience, who you were while you were away and who you are now. Learn how to draw on the strengths of all of these parts of yourself. No prior art or creativity experience necessary.

**Facilitators:** April Pojman and Karen Dunn are both registered psychotherapists with a passion for travel and helping people navigate transition and change in life, through the use of psychotherapy, human connection, wilderness, and creative expression.

Cost: \$65 per session or \$120 for both dates

Pre-registration required

Group size limited to 8 participants

**Contact: [april@lions-breath.com](mailto:april@lions-breath.com), 303 997-2267**



*Lions Breath Counseling*

Experiential Nature-Based Psychotherapy

