



# SISTER HEARD

## WOMEN CONNECTING WITH WOMEN

SisterHeard is a support group where women from diverse backgrounds can come together and connect around issues impacting all aspects of wellness - social, emotional, physical, and spiritual. Participants can share honestly about everyday challenges as well as the resilience we find within ourselves and one another. The group strives to support each other through the ups, the downs, and everything in between. Common themes include self-care, self-image, family relationships, friendships, stress, health, and spirituality. Facilitated by Dr. Jenna Kiel, a Licensed Clinical Psychologist with a background in health psychology, and Ellen Beaulieu, a certified animal-assisted therapist and life coach. Groups will be hosted at Blue Sky Farm, which provides a unique opportunity to both give and receive support while also connecting participants with loving animals and the soothing care of Mother Nature.

The group meets one Friday per month on 5/3, 6/14, 7/12, 8/23 and 9/20 from 3:30-5:30pm at Blue Sky Farm at 8S890 Mighell Road in Sugar Grove (<https://blueskyfarmgoatyoga.com>). We ask that you commit to attending the entire series; this consistency helps to create safety and reliability for our group members. The cost is \$100 per session.

Please visit Willow Tree's website to register at [www.willowtree-therapy.com](http://www.willowtree-therapy.com) and look for "New Support Groups Starting in May."