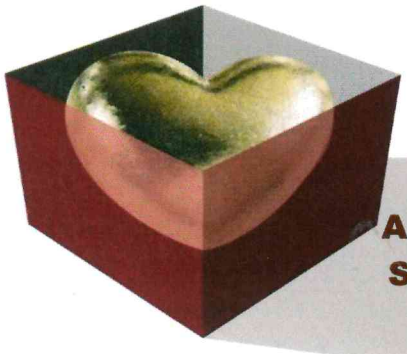

A 14 Session Small Group Series

Pursuing the hidden heart

An Experiential Small Group Series

EXPLORING THE ROOTS OF SHAME AND THE IMPACT IT HAS ON BEHAVIOR

WHERE: **Cornerstone Clinic Counseling**
1805 Academy Drive, Anchorage, AK

WHO: **Individuals ages 18+** who desire an alternative approach to their recovery and relational healing journey.

WHEN: **May 9 – July 25, 2018**
Wednesday's, 12:00 p.m. – 1:30 p.m.
*Times may vary, see website for exact dates and times**

COST: **Billable Group,** Co-pay may apply.

Cornerstone Clinic Counseling

ari Authentic Relationships INTERNATIONAL

**Visit website for specific dates and times of this small group series and to inquire further.*

www.cornerstoneclinic.org
or
www.authenticrelationshipsint.com

Or contact Alisa Drake, LPC
Small Group Therapist at ***adrake@christianhealth.org***
Cornerstone Clinic Counseling (907) 339-8711

Don't Miss This SMALL GROUP OPPORTUNITY!

Do you still struggle with believing ...

"I'm not good enough"
"I'm defective"
"I'm unlovable"
"I'm invisible"
"I'll never measure up"

Maybe it's time to take a different approach in conquering the pain and struggles you carry.

Join us for a 14 session small group series that will allow you to explore the roots of your shame messages and behaviors while learning to live life differently and more authentically.