

Empath ABC's

Surviving in a High Energy World

Thursday, October 26th
6 pm to 9 pm

St. Louis Counseling and Wellness in Richmond Heights:
1053 South Big Bend Blvd, Suite 200, STL 63117

Do you feel what other people feel? Is it hard to be in a place where there is conflict and not jump in trying to resolve it? Being an empath means that you feel what others are feeling. You take on the energy of the situation or place without even knowing it. Of course you want to make other people feel better because then you feel better too. You end up feeling drained and depleted. It's a gift that can feel like a curse.

Come learn the basics of creating healthy boundaries and developing good practices for self care with YOU!

- ✓ Learn healthy boundaries
- ✓ Discover ways to recharge
- ✓ Learn emotional survival tools
- ✓ Develop good self care and healthy support
- ✓ Start the practices of grounding, centering and flushing
- ✓ Protect yourself from people and situations that drain your energy
- ✓ Bring more energy and focus back into your life



Cost is \$60. Payment due at time of registration. Early registration is suggested as seating is limited. Contact teresa@stlcw.com or 314-322-2885 to register. You can also register online at www.stlcw.com. Sign up by September 28th and save \$10. Please include your name and contact telephone number in email.