

## ***Ongoing Women's Growth and Spirituality Groups in Humboldt County***



*“The circles of women around us weave invisible nets of love that carry us when we’re weak and sing with us when we’re strong.” Sark*

These groups are designed for women who are ready to make a commitment to an ongoing community of like-minded women. Amidst the hectic pace of daily lives, many women feel a longing for connection, a place where we can be truly and authentically present with others.

Within the safety of a small group environment, women have the opportunity to share deeply, feel accepted, and be supported. Half the group time is devoted to introspective and self-expressive processes that stimulate and deepen your own personal journey, while the other half is spent in group sharing and discussion.

Currently active group meets every other Thursday 4-5:30 (on Zoom). This group will likely remain a Zoom group, as there are members from other locations. However, another group is forming that will eventually meet in person, probably in Eureka. Limit of 6.

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**404-229-1812**

**[www.cpsgonline.com](http://www.cpsgonline.com)**

**Call for initial conversation, if interested**

**Theresa Horan-Sapunar** has been a teacher, counselor, and spiritual mentor for over 35 years. She is the co-founder of the Center for Personal and Spiritual Growth, formerly in Yellow Springs, Ohio, but now re-located to Humboldt County. She has been creating and leading groups and retreats for enhanced well-being, creativity, and spiritual deepening for many years. She utilizes a unique blend of meditative practices, body and breath processes, expressive arts and movement, and a spiritual perspective to assist people on their spiritual journey.