



When:

Sundays at 5:00pm ET. Starting date to be announced. This class series is fully virtual.

Who:

The Community Garden will be tended by Emily Robinson Currence (MS, LCMHC, CRC) and Emily Anne Harmon (MM, Certified OA Instructor). It will be filled with a limited number of twenty-thirty somethings like you looking for clarity and growth in their personal and professional lives.

Topics:

Focused areas for growth in each session include improving:

- Self-Awareness
- Boundaries
- Emotion Regulation
- Life Balance
- Self-Compassion and more

Sessions will be followed with seeds to plant for the week: activities, readings, and listenings that further focus on each topic covered in the previous session to aid in growth and understanding.

Your Investment:

\$500 for series. (5 months of two 75 minute sessions as well as thoughtful assignments and reflections for the week) Please reach out to emilyanne@mindstofpossibility.com to discuss payment plans if the up front cost is not possible for you at this time!

