



Discovery Group for Women

A group for women of every race, religion, ideology and sexual preference who seek to commune with other women to expand their definition of **Self**, to heal from addiction, abuse, racism, sexism, to become more whole, and to develop a passion for all of life.

The group will use the healing concepts developed by Charlotte Kasl, Ph.D., as outlined in her book – *Many Roads, One Journey*. Dr. Kasl examines self-esteem, addiction and co-dependency in the context of internalized oppression. Her model is designed to empower women to find their own voices, sources of strength and spirituality.

If you are interested, or just curious, **please join us** and see for yourself. The only requirement for membership is that you be a woman. Groups meet weekly on the same night of the week.

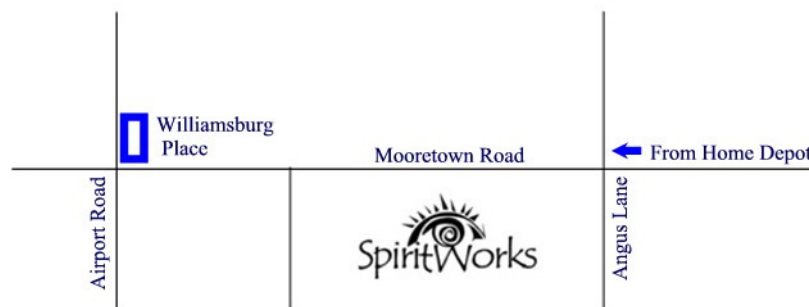
Choose a Monday, Tuesday or Wednesday Night Group

7:00 – 8:30 PM

SpiritWorks Center

5800 Mooretown Road

Williamsburg, VA



For more information: email info@SpiritWorksFoundation.org or call (757) 564-0001