CONNECT. SHARE. SUPPORT. LEARN. CREATE.

WOMEN *Together* WORKSHOPS



JOIN US

In a welcoming space for women to meet new people, have meaningful conversations, learn something new, and enjoy a little creativity together.

Price only

$3 EACH

MEET NEW PEOPLE

MEANINGFUL CONVERSATIONS

ENCOURAGEMENT & SUPPORT

PRACTICAL IDEAS & INSIGHTS

CREATIVITY & SELF-EXPRESSION

Wednesdays
starting in November
1:00 p.m.

610 Methodist
Encampment Rd.
Mt. Wesley

Let Kasey know you're coming.
830-343-0187

SCHEDULE

FALL WORKSHOP SERIES 2026

All Sessions are expected to last
for 1 to1.5 hour.

WED NOV 4	01:00 PM	Introductions & Ice Breaker
WED NOV 11	01:00 PM	Instructor Led Painting No experience required
WED NOV 18	01:00 PM	Bird Walk & Talk led by an expert volunteer (Limited space. Some binoculars supplied)
WED DEC 2	01:00 PM	Mind Body Skills Group for stress & better well-being led by Monica O'donnell
WED DEC 9	01:00 PM	Resiliency Building Workshop led by Kathy Turner
WED DEC 16	01:00 PM	Coping with Stress facilitated by HCCADA

No pressure or commitment.

WOMEN *Together*
WORKSHOPS

MIND–BODY WORK GROUP

This skills group focuses on learning skills & practicing them in a supportive environment. Join us for this 1 hour excercise that serves as an introduction to a longer course to be offered.

WHY COME?

- skills help change the way you deal with stress & illness.
- assists you in coming to know yourself and utilizing tools that help you heal.

WHAT WE WORK ON

- biofeedback
- guided imagery
- writing
- drawing
- meditation

BENEFITS

- deeper relaxation
- less anxiety, depression, & stress
- less pain & fatigue
- more energy
- enhanced immune system function
- more positive perception of your life.



Wednesday
December 2nd
1 p.m. - 2 p.m.



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