



THE SAMARITAN CENTER PRESENTS  
**AWAKEN YOUR VOICE**  
A SUPPORT GROUP FOR THE HOLIDAYS



TUESDAY EVENINGS FROM 6:30 TO 8PM BEGINNING **DECEMBER 5<sup>TH</sup>**  
NEW PEOPLE WELCOME ANYTIME

SAMARITAN CENTER  
8956 RESEARCH BLVD. BLDG. 2 AUSTIN TX 78758

**ARE THE HOLIDAYS DIFFICULT FOR YOU BECAUSE YOU THINK THAT YOU ARE SUPPOSED TO BE CHEERFUL WHEN YOU ARE NOT? TAKE CARE OF OTHERS AND PUT YOURSELF LAST AND FEEL GUILTY IF YOU DON'T?**

**Come learn to express your authentic voice and embrace your truest self during the holidays! In this you group we will:**

- Learn to follow, trust, and be gentle with our own creative impulses and to fully embrace where we are in the present moment
- Integrate more aspects of ourselves in our relationships with others
- Reclaim the freedom of your unique voice through the use of journaling, movement, sound, mindfulness practice, body-centered psychotherapy, and by learning new skills

Choices will be provided, so you can determine the level of participation that feels right for you. After all, it is your space to practice authenticity with yourself and others. Join us!

REGISTRATION REQUIRED. FOR MORE INFORMATION CONTACT Lina C. Návar, LPC, RSME/T, RYT  
[lina@samaritan-center.org](mailto:lina@samaritan-center.org) or 512-451-7337 Ext. 234

COST \$35 per group session. Military discount and financial scholarships available.