

Deep Listening Workshop Series

"Being more mindful gives me the power to acknowledge thoughts and feelings, 'feel' them intimately—and to change those, if it seems important." —Nancy, workshop attendee & TFC volunteer

Would you like to learn to listen without interrupting, judging, or criticizing

others? This is your invitation to learn and practice deep, mindful listening. Become more aware of how your thoughts, feelings and beliefs impact your ability to be present with others.

• Three Part Series •

"Deep Listening"

Facilitator: Lyn Gunn-Smith

Personal Growth Consultant

Thursdays: October 5, 12 & 26

10:00am – Noon

The Friendship Club
138 New Mohawk Rd. Ste. 275
Nevada City

For More Information:

Cindy Hintz
Volunteer Manager
cindyh@friendshipclub.org

Suggested Donation: \$75



THE FRIENDSHIP CLUB is a year-round comprehensive program serving girls at risk between the ages of 10-18. Every activity and experience builds on the next and our programs intertwine to create a safe and long-term experience for our girls to grow, learn and develop into self-sufficient, happy and successful women.



**The
Friendship
Club**

www.friendshipclub.org

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