

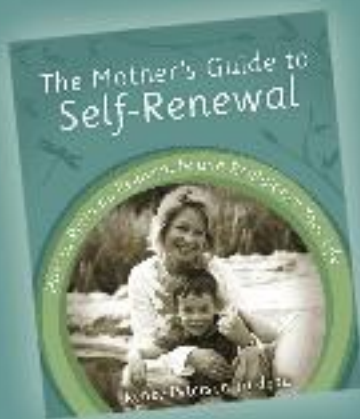
# Personal Renewal Group for Mothers

Empowering ~ Supportive ~ Nurturing

Do you want to reconnect with who you are?

Are you interested in new ideas for  
self-renewal and life balance?

Would you like to enhance your emotional  
well-being and learn to be more present?



You're invited to join a Personal Renewal Group (PRG). Based on the award-winning book "The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life," by Renée Trudeau, a PRG is a structured life coaching program for women at all life stages. Topics will include:

- Reconnecting with Who You Are
- Strategies and Insights for Balanced Living
- Managing Our Energy, Saying "No" and Asking for Help
- The Transformative Power of Self-Care
- Reclaiming Adventure and Unleashing Your Creativity

"I loved being challenged to make my self-care a priority. PRG has made a huge difference in my life." —Kristen

"I never considered myself a 'group person' but joining a PRG was one of the best things I've ever done. I feel more peaceful, calm and finally comfortable taking time for ME." —Amanda

**TIME/DATE:** 7:00-9:00 p.m. 1x/month June 2013-October 2013

**MEETINGS:** Last Sunday of each month for six months.

**LOCATION:** Warwick Yoga Center, 54 Main Street, Warwick NY

**COST:** \$240 for six-month program (includes 6 evening workshops, private FB group support, and a copy of "The Mother's Guide to Self-Renewal")

*Inquire about adding 1:1 coaching sessions to powerfully augment the work you do in the group!*

**REGISTER:** Call 845-595-1343 or visit [www.jjcarolan.com](http://www.jjcarolan.com). Additional details on the national program/book at [www.SelfRenewalCircles.com](http://www.SelfRenewalCircles.com).

**FACILITATOR:** JJ Carolan is a RTA-certified facilitator, life coach, and Board Certified Behavior Analyst. She is passionate about partnering with her clients to put the "woman" back in "mother".

[www.jjcarolan.com](http://www.jjcarolan.com) for more info or to sign up!



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