

PROBLEMS AND PLEASURES OF BEING A WOMAN

WHAT?

A class for women which will explore these topics:

1. How do I feel about myself as a woman?
2. How aware am I of my body?
3. How did I learn the roles I play as a woman?
Can I change them?
4. What skills do I need to change things about myself that interfere with my self-acceptance and self-appreciation.

HOW?

This class will use discussion, participation exercises, and art as approaches to the above topics.

WHY?

Women today need to gather support, confidence, and encouragement from sharing with each other.

WHERE?

To be announced.

WHEN?

The class will begin Wednesday, April 24th, at 7:00 p.m.. It will run from 7:00 p.m. to 8:30 p.m. for Five Sessions.

HOW MUCH?

\$3.00 for Five Sessions.

Session I ,

Goal: To focus on how members feel about themselves as women

Procedure:

- ✓ 1. Use yarn technique to share feelings about problems and pleasures of being a woman.
- ✓ 2. Do a breathing exercise for body awareness and centering.
- ✓ 3. Do animal fantasy to call on imagination as source of relaxation and self-discovery.
- ✓ 4. Express symbolically in art form feelings about self as a woman here and now.
5. Present concept of self-change. Use dyed to model defining a specific goal. Explain necessity and process of collecting base line data using charts.
6. If time allows, check out expectations for group.