

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. Through discussion, video, and a variety of written and creative exercises, this group is designed to assist members in arriving at a better understanding of the barriers to their connection with others, while working towards more wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead.



8 Week Cycle beginning September 22, 2016

Thursdays 6:30 p.m. - 8:30 p.m.

9/22, 9/29, 10/6, 10/13, 10/20, 11/3, 11/10, 11/17

(Please note: group will not meet on 10/27/16)

Facilitated by Sarah Perl, LCSW-R

291 Broadway Suite 1401 New York, NY 10007

Cost: \$399

Registration:

To register, go to sarahperlpsychotherapy.com and follow instructions on The Daring Way™ Page. You will receive confirmation once your registration is complete.

Questions: Email sarahperllcsw@gmail.com or call 518.894.8512