

# The Language of Emotions Skills Group

**DROP-IN GROUP • THURSDAYS 11:30AM-1PM • JANUARY 11-APRIL 19**  
**FEEL FREE TO BRING A BROWN BAG LUNCH TO EAT DURING GROUP**

At the heart of so many of our issues, whether related to food, body image, our relationship to ourselves and to others, lies the lessons that our emotions are trying to teach us. Come join us as we discuss material from the book *The Language of Emotions* by Karla McLaren. You do not need to read the book in order to participate in the group; however, feel free to purchase it and read the related chapters before or after group.

## You are invited to “drop in” & join us to explore:

- *past and current relationships with a particular emotion*
- *related concepts and skills from The Language of Emotions*
- *how to apply the wisdom of each emotion into our lives*

## Topics to be determined each week, including:

- *anger, hatred, guilt, shame, apathy, and boredom*
- *sadness, situational depression, and grief*
- *fear, worry, anxiety, panic, and terror*
- *envy, jealousy, and confusion*
- *happiness, contentment, and joy*
- *the 5 empathic mindfulness skills: burning contracts, conscious complaining, defining your boundaries, getting grounded, and rejuvenating yourself*

*This group is facilitated by Jennifer Stein, BA, a Counselor Intern completing her Masters Degree in Mindfulness-based Transpersonal Counseling at Naropa University.*

**IMPORTANT: PLEASE FIND STREET PARKING. THE PARKING LOT IN THE BACK OF THE BUILDING IS PERMIT ONLY DURING THE DAY AND YOUR CAR WILL BE TOWED.**

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**First Group is FREE**  
then a suggested donation of  
**\$5 / week**

**MORE INFO: [www.PositivePathways.com/workshops-and-groups](http://www.PositivePathways.com/workshops-and-groups)**