

REFLECTIONS IN NATURE

CREATIVE ADVENTURES IN SELF DISCOVERY

A six part playful series in rediscovering yourself

FACILITATED BY:

CATHE REISS, LCSW ACHT & ERIKA COHANE, LCSW ACHT



A HEART CENTERED HEALING CONNECTIONS JOURNEY

ARE YOU READY FOR SOME PLAY?

Join us for monthly outdoor gatherings in nature where we will dabble in creative connection. Each "get together" will have light, fun interactive experiences including meditation, insight education, energetic card pulls and discussion that will allow us to explore and express ourselves. Its' a great opportunity for self discovery and connection. Come to one or come to all but come... and have FUN!

BRING A YOGA MAT, A BOTTLE OF WATER, AN OPEN HEART
AND A FRIEND!

\$30 Each Session

SATURDAYS
9:00AM - 11:00AM
Commons Park
(Weather permitting)

Tentative Dates for Upcoming Gatherings

1. 10-21-23: Exploring Chakra Energy
2. 11-18-23: Meeting Your Shadow
3. 12-09-23: Discovering Dream Magic
4. 01-06-24: Manifesting Abundance
5. 02-10-24: Loving Little Me
6. 03-09-24: Connecting with Your Spirit Guide

Connect with us for more information

YOUR PLAYFUL FACILITATORS



Cathe Reiss, LCSW, ACHT

has been a Licensed Clinical Social Worker in Florida for over 20 years. She is also an Advanced Heart Centered Hypnotherapist trained through the Wellness Institute of Washington state. She combines traditional psychotherapy with alternative healing. Cathe's life purpose is to help others find joy and connection in their lives by assisting them in healing their old emotional wounds and releasing their self limiting beliefs so that they can create the positive, fulfilling futures they desire.



Erika Cohane, LCSW, ACHT

is a Licensed Clinical Social Worker and Advanced Heart Centered who has been working in the field since 1993. She specializes in change work for human potentiality, personal growth and self actualization. As an empathetic professional, she creates a comfortable and non-judgmental relationship with her clients. Erika is committed to helping others address their challenges, enabling them to find and experience peace and fulfillment in their lives.

HEART CENTERED HEALING CONNECTIONS

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