

Announcing
Expressive Arts Therapy Workshop for Motherless Women
On Mother's Day

Sunday, May 9, 2010
1:30 - 5:30
7th & Irving St. (near UCSF)
Cost: \$80.00

Phone screening and pre-registration required: (415) 681-7090

Facilitator: Adele Brookman LMFT
www.adelebrookman.com

Mother's Day can be a mournful time for motherless women. Share how this feels for you and create new, more satisfying ways of taking care of yourself on this important day.

Issues covered include:

- ▶ Grief, whether your relationship was close, complicated, or challenging
- ▶ Loneliness, feeling bereft when others celebrate the day with their mothers
- ▶ Missing mother on this first Mother's Day without her
- ▶ Long-held grief that has surfaced about losing your mother long ago

Goals of workshop include:

- ▶ Participants' stories and needs are heard and cared about
- ▶ Self-care strategies are developed for future Mother's Days
- ▶ Remember Mother and yourself in a special way on this significant day

About this workshop and the facilitator:

Part of an on-going 'Holiday Survival' series led by Adele Brookman for over ten years. The workshop series stems from her 30+ years in general private practice with survivors of dysfunctional families, and with people grieving the AIDS and cancer epidemics, Mother-Loss, Parent-Loss and Sibling-Loss.

Please inform those whom you think might benefit from this workshop.