

POETRY WRITING, MINDFULNESS-BASED
PROCESS GROUP

Hold Your Heart: Inner Child Healing

Wednesdays 5:30-7 pm
6 week series

STARTING
MARCH 13

5:30-7 PM
VIRTUAL

\$60 per session

Email Delia at
[delia@lookingfor
wardcounseling.
com](mailto:delia@lookingforwardcounseling.com) for more
details



HOLD YOUR HEART: INNER CHILD HEALING PROCESS GROUP

A six week series of poetry writing, mindfulness and somatic based experiential group processing for inner child healing.

delia@lookingforwardcounseling.com



LOOKING
FORWARD
COUNSELING

OBJECTIVES

This community will explore creating the foundations for starting or continuing your inner child healing journey. This group is best for anyone who wants to explore writing to process and heal, seeks community space and wants to strengthen the foundations and habits for mindfulness practices and holistic healing.

Themes Explored Through Writing

- Wholehearted Awareness
- Reflecting your Values through Physical Embodiment
- Internal and External Healing

WRITING PROMPTS EXPLORED

- Noticing Inner Child Stream of Consciousness
- Sacred Visibility: Witnessing & Being Witnessed
- Gratitude as a Habit
- Poetry for your Inner Child
- Values Exploration
- Protecting & Holding Your Heart--Keys to Resiliency

DETAILS

Wednesdays at 5:30-7 pm, Virtual

Beginning March 13

Poets Explored

Mary Oliver, Hafiz, Rumi, Joy Harjo, Rupi Kaur, Andrea Gibson, Naomi Shihab Nye & Anis Mojgani

Investment

\$360 for 6 sessions, each 90 minutes long in a small community writers' group

AT A GLANCE

PRACTICES EXPLORED

- Gratitude
- Embodiment
- Sacred Containment
- Unconditional Self-Compassion & Positive Regard

BENEFITS

- Deeper awareness of your nervous system
- Learning the tools and practices for stress management and inner-child healing



DELIA BERINDE

**MS, LPC
MINDFULNES CERTIFIED
CERTIFIED
SOUND- HEALER**