

# ELEVATE

COUNSELING SERVICES, INC.

## RETREAT INTO GREATER SELF-LOVE

Where: MEETING ON ZOOM

When: THURSDAYS JULY 11 TH- AUGUST 15TH 5:00 - 6:00 pm

Facilitator: LEIGH-ANN LARSON, M.ED., LMHC

Founder, Elevate Counseling Services

Certified Mindful Leader, Grief Educator, ACEP Level 1

Energy Psychology Practitioner, EMDR, EFT I and II, Traumatic Studies

- ADULT WOMEN wanting space for healing, self-care and “me time”
- Meditation, including chakra balancing and healing attunements
- Journaling with your own copy of Leigh-Ann’s e-book Retreat Into Greater Self Love
- EFT (emotional freedom technique) to release blocks for self love
- Leveraging the power of intention, positive affirmation and grounding



Sign up: email: [intake@elevate-counseling.com](mailto:intake@elevate-counseling.com) Please put “Retreat Into Self Love sign-up” in the subject line. Or call 508-297-1491 and ask Lynn to send you paperwork to sign up.  
Payment Info: Most commercial insurances accepted, private pay \$40 per session.