



Essential Journey Counseling

WORTHY WOMAN

Owning My Story

4-Part Series

Essential Journey Counseling is grateful to inform you of our 4-part, small group Worthy Woman's workshop. This workshop invites women to connect with the inner self, recognize unhealthy beliefs, gain an understanding of their purpose and get into the driver's seat of their life. Participants are encouraged to attend individual counseling sessions to take a deeper dive and increase accountability.

Small Group Schedule (registration is limited)

Part 1	<i>Hello Inner Self</i>	TBA	6pm - 8pm (Online)
Part 2	<i>Belief & Values of Inner Self</i>	TBA	6pm - 8pm (Online)
Part 3	<i>My Goals & Purpose</i>	TBA	6pm - 8pm (Online)
Part 4	<i>Getting in the Driver's Seat</i>	TBA	6pm - 8pm (Online)

Cost

\$375 for the series (FSA & HSA Accepted)

Private Sessions: *are available at an additional cost. Insurance and Private rates vary. Ask your therapist.*

Frequently Asked Questions

- 1. Can I use my insurance for the Workshop?*
Answer: *NO, insurance does not pay for workshops. Insurance does not have a procedure code to bill workshops.*
- 2. Can I use my FSA or HSA to pay for the Workshop?*
Answer: *Yes, you can use your FSA or HSA to pay for the workshop*
- 3. Can I get a refund if I change my mind?*
Answer: *NO, if you're unable to attend all 4 workshops you can transfer funds to the next workshop and no refunds will be given.*
- 4. Do I need to take the course in order?*
Answer: *It is preferred that you take the series in order. However, it is not required.*
- 5. Do I have to participate in the small group and private sessions?*
Answer: *Sharing in the workshop is invitational, and sometimes the most powerful work is observations. The private sessions are suggested and not required*

For more information please email info@ejcounsel.net or call 704 864 8046.