

FREE
Fire Survivor Support Group for Women
Restoring Our Balance and Sense of Safety After Loss

Open to women who have lost their homes in the 2007 wildfires.

Within a safe and supportive group of women, recover a sense of self and gather practical and emotional resources that promise to nurture you through this important work of rebuilding your life.

8 Week Women's Group
Tuesday Evenings
7:00-9:00pm
February 19 – April 8

Location:
"Pamela Underwood Studios"
Located off of Hwy 67 and Mina de Oro
Poway, Ca 92064

Please Email or Call Pamela to Register & Get Directions
619-857-8820 / pamelaunderwood@aol.com

Join a distinct community of women who have survived the San Diego County Firestorms and now must navigate the aftermath. During this 2 hour group we will devote time to resource sharing and personal sharing.

We will focus on taking our themes, thoughts, feelings and concerns into art making, poetry, movement and drumming. These arts promise to ground us in the here and now even while walking through sorrow and grief, anger and fear.

In this group we will begin to trust the arts to bring insight and change.

No art experience is necessary!

About the Facilitators:

Pamela Underwood BFA, MA: Pamela Underwood has felt the loss of her homes in two fires giving her the knowledge of how it is to navigate through rebuilding with the help of the arts. With her masters in Expressive Arts Therapy and BFA in art, she is devoted to other's facing this Firestorm crisis. <http://www.pamelaunderwood.com/>

Kat Kirby, MEd: Kat is an Art Therapist with a private practice in San Diego. She leads creative workshops and groups nationally and is confident in the healing power of the arts. <http://www.2katstudios.com>

Jane LaFazio: Jane, a Rancho Bernardo resident, is a full-time artist, sometime art teacher and compassionate volunteer. <http://www.plainjanestudio.com/>