

By Popular Demand...

THE BITCH IS BACK!

Getting In Touch With Your Inner Bitch

I
DON'T
THINK
SO!



A one day Art Therapy workshop based on the inspirational book by Elizabeth Hilts

Reclaim the new definition of *Bitch* for yourself!

Earn the Respect you deserve!

Set limits with confidence and humor!

Prioritize your needs and your time so you can say no and mean it!

Explore your creativity and draw on your strengths!

Change your tendencies toward toxic niceness into sensitive and sensible abilities to make choices!

Transform feelings of powerlessness into sources of healthy power!

The Women's movement has reclaimed the "**B word!**" By modern definition, you don't have to be rude to be a bitch. The modern Bitch is assertive, decisive and polite. This one day experiential workshop integrates art, discussion and humor to draw out the development of your healthy *Inner Bitch*.

Facilitator: Kate Webb, MFT, ATR-BC

Cost: 65.00 (10.00 discount if you bring a friend)

Time/Dates: One-day workshops on Saturdays 10:00am-3:00pm (with one hour lunchbreak) June 26th, July 17th and more to come!

What's Included: Resource Notebook on Inner Bitchdom, Light snacks, coffee & tea, water and a special drawing of BITCHY prizes!!

Location: DRAW FROM WITHIN Studio, #221 in the Studio Arts Complex, 2400 Kettner Blvd. San Diego (near Little Italy, see website address below for direction)

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