

Loving Yourself Inside Out

A Self Love Seminar by Dr. Roxanne Grove

Monday, April 24, 2006

7 PM to 8:30 PM

Spiritual Living Center of Atlanta offices

Love offering with all proceeds
going to the Building Fund

Learn how family-of-origin
issues affect daily coping

Recognize and release
negative programming

Increase self awareness
and self understanding

Become more accepting
of self and others



Join long-time SLCA member and Licensed Professional Counselor Dr. Roxanne Grove in a repeat presentation of her highly praised Retreat workshop, *It's All About Self Love*. During this seminar, Dr. Grove will help you explore your personal world for the purpose of identifying thinking and behavior patterns that are self-defeating. Through a better understanding of yourself, you will learn to function more effectively in the world and achieve a new view of yourself. Learn to love from the inside out!

Happiness is within the reach of everyone!