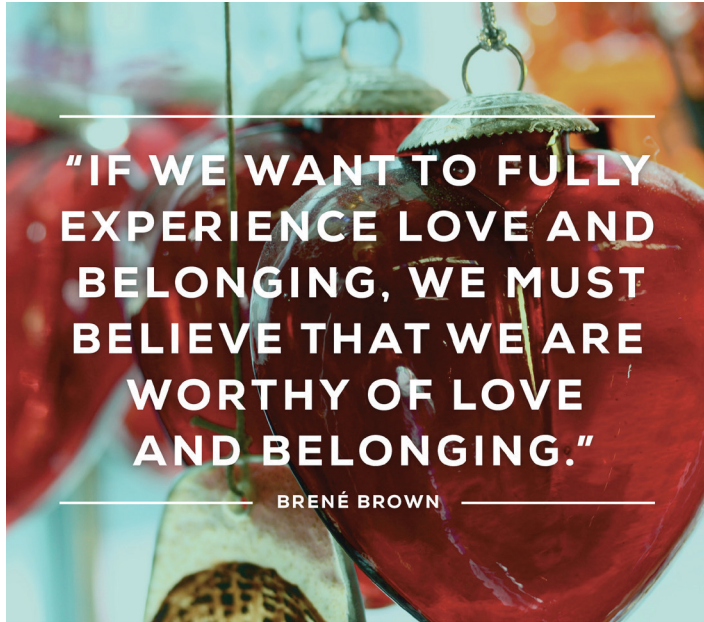


# THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



*based on the research of Brené Brown*



## Rising Strong - 10 Week Group

*led by*

Audrianna J. Gurr, LPC

**1/10/2017 - 3/14/2017**

*at*

**Audrianna Gurr's Stark Street Office**

8514 SE Stark Street

Portland, Oregon 97216

*price*

This group is open to adults. Sessions run 90 minutes for 10 weeks on Tuesday evenings. Cost is \$50/session - \$500 for series (insurance may cover costs - please inquire). Cash discount available if paid in full.

Psycho-educational group for clients wanting to establish stronger self esteem and resilience to life's challenging events. Processing some of the past to identify triggers that can be navigated for future interactions.

Rising Strong is a highly experiential methodology based on the research of Dr. Brené Brown. The method was developed to help men and women learn how to show up, be seen, and live braver lives. The primary focus is on developing shame resilience skills and developing a courage practice that transforms the way we love, parent, and lead.

The Daring Way and Rising Strong™ method is based on the research of Brené Brown, Ph.D. LMSW. Dr. Brené Brown is a research professor at the University of Houston Graduate School of Social Work. She has spent the past twelve years studying vulnerability, courage, worthiness, and shame.



live,

*for more information:*

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