

# Time For Me

A Support Group for Healers/Energy Workers, Caregivers, Professionals who need a "listening ear."

- **Relax, unwind and nurture yourself**
- **Dissolve "compassion fatigue"**
- **Share your own stuff**
- **Listen to others with similar challenges**
- **Learn how to serve others in ways that nourish your spirit**
- **Return to your life renewed, replenished and re-energized**
- **Re-birth your Self**
- **Remember who you are**

*Facilitated by Mary Lou Schneider, The Counter-Cultural Contemplative, who has been mentoring women to resurrect their dreams for over 25 years. Mary Lou draws upon her training in retreat and workshop facilitation and Creative Listening, as well as her personal journey as a primary caregiver to her late spouse, who was chronically ill the last seven years of his life.*

**[www.TheCounterCulturalContemplative.com](http://www.TheCounterCulturalContemplative.com)**

**Dates:** 3rd Monday of the month, September 2010 through May 2011,  
**starting September 20th, 2010**

**Time:** 6:00-7:30 p.m. (beverages & snacks provided)

**Tuition:** \$400 for 9 months. (\$45 per month; payment expected for all 9 classes).

**Group Limited to 10 women.** Secure your spot by sending first month's tuition of \$45.00 to Mary Lou Schneider, 429 Brooktree Drive, Ballwin, MO 63011 or **Save \$25.00 by paying in full: only \$375 for entire 9 month group process.**

*"Oh mind you carry on your back  
Your actions like a heavy sack.  
No wonder that your shoulders ache  
Another strain's enough to break  
Your back.  
So drop this stupid load.  
This is the last stop on the road where you can find rest  
Stay. Be Love's guest." Kabir*



**Mary Lou Schneider, The Counter-Cultural Contemplative**

**[www.TheCounterCulturalContemplative.com](http://www.TheCounterCulturalContemplative.com)**

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