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Threshold Journeys

Empowering Young Women through Transitions

A Year Long Program for Girls Entering 8th Grade

Transitions are potent, beautiful and sometimes challenging times in the arc of our lives. By intentionally celebrating and guiding these transformational passages, we support girls and young women to emerge into their next phase of life with confidence, resilience, compassion and a strong sense of their own unique gifts.

The Year-Long Program: A Cycle Around the Seasons

Beginning June 2015, we will gather one Sunday/month from 3-5:30pm, ending the following June 2016. There will be one introductory meeting in June for parents and daughters.

Additionally, the program will include an overnight retreat (or full day, depending on space availability). *6-10 girls maximum*

Themes Include:

- Self-Care, Healthy Minds & Bodies
- Creativity & Self-Expression
- The Natural World as a Resource
- Gifts and Challenges
- Relationships & Boundaries
- Service & Community Engagement
- Mindfulness & Self Reflection
- Decision Making, Problem Solving & Conflict Resolution
- Honoring Diversity & Celebrating Difference



Dates in 2015 (2016 Dates TBD): June 7th, August 16th, September 27th, October 18th (or 25th), November 8th (or 15th), December 13th.

Investment: \$700-900. Additional cost for overnight/full day. **\$50 deposit to reserve your spot!

Location: Boulder location TBD

Threshold Journeys offers programs and ceremonies to support young women through transitions



Brie Anderson-Feldman, MA, LPC, BC-DMT is child and family therapist and educator with over 10 years experience supporting young people find empowerment, hope and healing. She is passionate about partnering with communities, both locally and internationally to create programming which addresses the critical themes related to the social and emotional health of young women.



Laura Weaver, MA is a mother, writer, rites of passage guide, and Director of Transformative Learning at the PassageWorks Institute (www.passageworks.org). Laura is the co-author of *The 5 Dimensions of Engaged Teaching*, and her poetry, book chapters, and essays have been published widely. She has taught courses and workshops for youth, parents and educators for the last ten years and has a particular passion for supporting young women through rites of passage.

Registration:

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