

WINTER OFFERING

**Please note: this group is a closed group for current therapeutic clients who have foundational understanding, language and experience of somatic attachment and IFS.*

Thresholds: January-May

“This is a solitary journey we cannot do alone.” -Ira Progoff

In this process group open to current therapeutic clients of Kenlee Valleskey MA, LPC, we will explore the theme of *thresholds*—the messy middles, the not-yets, and in-between places of our lives within a supportive group setting. Whether you are shedding a particular belief, community, relationship, role or way of being in the world—you are welcome and wanted here.

THEMES

In this support group we will be exploring the following themes in both the intersections of our individual lived experiences, alongside a supportive community. Groups will include somatic grounding, guided reflection prompts with focus on group processing, support and community.

The invitation: January

What’s your threshold? Exploring our human right to thresholds:

Where can we honor our individual stories and collective right to change, shed and outgrow?

The shedding: February

What have/are you outgrowing?

What specific beliefs, patterns, roles & ways of being are you shedding?

The opening: March-April

What parts of me do I need to allow in this threshold?

What parts of me need to grieve in this threshold?

What parts need care, voice, support in order to change and grow?

The new invitation: May

Honoring our (many) thresholds together

Exploring new forms of protection, permission and partnership moving forward

THE DETAILS

Time: Thursday evenings, 6-8 pm January-May (2 hour monthly gathering)

Location: Open Space Studio: 2608 Blaisdell Avenue South, Mpls 55408

Energetic exchange:

Pay what you are able/what aligns for you in this current season

\$50 / \$60 / \$75 per gathering

**** Specific dates and registration will be announced and open Fall 2023****

Groups will run with 6 participants, 8 participants max

First come first serve.