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Women's groups are safe harbors to share your hopes, fears, dreams, and aspirations—where your authentic self is welcomed and witnessed by other women.

Authored and Illustrated by Three Generations

Welcoming All That We Are: 52 Activities for Women's Groups

by **Billie Rogers, MA, MFT, Cassandra Vieten, PhD, Illustrated by Indigo Vieten**

Gathering with other women is empowering—whether you are a daughter, sister, mother, leader, change-maker, teacher, seeker, or healer. Women's groups are safe harbors to share your hopes, fears, dreams and aspirations—where your authentic self is welcomed and witnessed by other women. You will find this book full of inspirational ideas for women groups of all ages and backgrounds.

The book's 52 activities are arranged across four seasons or can be used any time. Each includes step-by-step guidelines, materials, and recommended books, media, poetry, and music for your group members to explore their strengths, discover new aspects of themselves, come to terms with the past, connect with their spirituality, and support one another. This collection of powerful practices and explorations is designed to enliven groups of women who meet in living rooms, spiritual or religious settings, retreats, community organizations, treatment centers, and anywhere women gather.

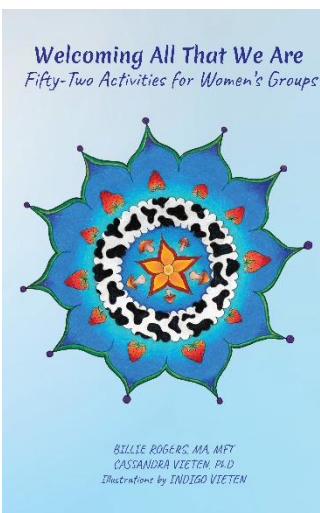
What people are saying:

"If you have ever wanted to start a group or wish to deepen the activities of the group you already have, this book is a great tool to bring women together."

~Sharon Salzberg, author of *Lovingkindness and Real Happiness*

"Full of wisdom, beauty, practical tips and concrete exercises, this book is a treasure-trove of inspiration for tapping into the divine feminine."

~Kristin Neff, Author of *Fierce Self-Compassion: How Women can Harness Kindness to Speak Up, Claim Their Power and Thrive*



Welcoming All That We Are: Fifty-Two Activities for Women's Groups

Billie Rogers & Cassandra Vieten

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Billie Rogers, MA, MFT, has facilitated women's groups and retreats for 40 years. She remains passionate about life-long learning, passing on her mentors' gifts, counseling others seeking personal growth, and speaking up when a woman's voice must be heard. She writes, dabbles in gourd art and basket making, and travels extensively to women's sacred sites worldwide.

Cassandra Vieten, PhD, is a clinical psychologist, mind-body medicine researcher, author, and international workshop leader who has led hundreds of women's groups. She is Executive Director of the John W. Brick Mental Health Foundation, Director of Research at the Arthur C. Clarke Center for Human Imagination at the University of California, San Diego, and a Senior Fellow at the Institute of Noetic Sciences where she worked for 18 years, the last six as President.