

# **The Soul of the Heart Sacred Circle**

**Second & Fourth Thursdays, 7:00-9:00 pm  
in the Fillmore Wing**



**The intention of the Sacred Circle is to create a safe and sacred space where men and women can support each other, learn from one another, laugh, share, cry, teach and expand their consciousness.**

**Through shared experiences of the group, there will be opportunities to learn practical strategies and tools for self empowerment, compassion, forgiveness and peace that support non-violent choices in our day-to-day living. Join Catherine in the Fillmore Wing at Unity of the Valley. Drop-ins are welcomed. You are invited to come to as many as possible.  
Donation basis**



**Catherine VanWetter holds a Masters Degree in Social Work and is trained in a variety of healing techniques. She is the author of a book and meditation CD, *The Soul of the Heart*, and is also a contributing author to the bestselling book, *Overcomers, Inc: Stories of Hope, Courage and Inspiration*.**

**For more information, contact Catherine VanWetter at  
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