



THE HUSTLE FOR WORTHINESS

EXPLORING THE POWER OF LOVE, BELONGING, AND BEING ENOUGH

FREE MOVIE NIGHT Wed. April 23rd, 6-9pm

What: a 50 minute viewing of Brené Brown, Ph.D., LMSW The Hustle For Worthiness followed by a discussion about Exploring the Power of Love, Belonging, and Being Enough. We will use The Hustle for Worthiness DVD by Brené Brown, Ph.D. The video focuses on letting go of what people think, owning our own personal stories, and feeling that we are enough just as we are.

Join in this DVD presentation, in which Brené Brown explores the meaning of love and belonging, and how our feelings of "never good enough" prevent us from experiencing real connection. You will also learn about **The Daring Way™**, which is based on Brené Brown's groundbreaking work on vulnerability, shame, courage, and worthiness - and is designed to help us learn how to show up, be seen, and live braver lives. Join us in exploring this exciting conversation.

"Our lives are a collection of stories -truths about who we are, what we believe, what we come from, how we struggle and how we are strong. When we can let go of what people think and own our story, we gain access to our worthiness –the feeling that we are enough just as we are, and that we are worthy of love and belonging." Brené Brown

Date: Wednesday April 23rd, 2014

Time: 6:00-9:00 p.m.

Place: 411 Oak Street, Roseville, CA 95678

Cost: FREE (Space is limited, so **you MUST RSVP** to hold a spot for you) You will get a confirmation email, confirming your reservation.

Refreshments will be served

To reserve your seat or for more information: Call, email or go to one of our websites~

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