

# TO BE TOLD...



## A Faith-based Story-Work Therapy Group

Feeling stuck? At a crossroads?  
Same song, second (third, fourth)  
verse?

You're in the right place  
and you aren't alone.

This 12-week, faith-based therapy group focuses on the importance of your story, what it is telling you and how it is influencing your life today. Explore what you learned from your family of origin, how your story shaped/s you, what you were designed for, why you have the relationships you have, the role of tragedy in your Story, and how to recognize and change unhealthy patterns. We will dig into each of these topics with weekly reading, discussion and assignments designed to provoke your curiosity and reflection, and take you deeper into who you truly are.

Contact Robin Weston, LMHCA at 360-836-0857 or [robin@fircrestbh.com](mailto:robin@fircrestbh.com) for more information.



**Group Size:** 6 minimum, 8 maximum

**Dates:** Tuesdays, March 1 - May 17

(no group on March 15)

**Time:** 6:00 - 8:00 pm

**Location:** Oasis Retreat Center, Vancouver WA

**Cost:** \$50/session, 12 sessions, \$600 total (includes a pre-group intake session)

**Required materials:** *To Be Told* (book and workbook), by Dan Allender

\*\*Group members must be actively doing individual counseling while participating in this group.