

Like-Kinded People

A safe and strengthening group for Highly Sensitive People

New group forming now!

Like-Kinded People is a professionally led small group of approximately 6-10 people. There is no "mingling" or meaningless small talk. Topics of discussion will be provided and you are not required to personally share. Group discussions are considered confidential.

Register online at: www.WilliamsburgCounseling.com. Space is limited.



Over the course of six meetings we will explore topics that include, but are not limited to:

- Understanding what it means to be a highly sensitive person
- Protecting your emotional experience
- Negotiating boundaries
- Taking care of self
- Relating with non-sensitive persons
- Meeting new people
- Partnering for the long term

The goal of this group is to deepen your understanding and acceptance of self and to empower you to live and relate with less pain and more peace.

What is a Highly Sensitive Person?

A highly sensitive person (HSP) is more aware than most of their own and other people's feelings. They tend to prefer quiet versus active environments. HSPs are not necessarily introverted.

HSPs may:

1. Feel more deeply
2. Be more emotionally reactive
3. Often hear "Don't take things so personally." and "Why are you so sensitive?"
5. Take longer to make decisions because they are weighing all of the nuances
6. Be more upset if they make a "bad" or "wrong" decision

If you are an HSP or are struggling with social anxiety, this group is for you.

We will meet six **Saturdays from 10:00 to 11:30am** at Williamsburg Counseling on **January 19 & 29, and February 2, 9, 16, & 23.**

Cost: \$150 payment covers all six sessions and is required in advance.

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