

# A Woman's Voice



**Saturday October 3rd, 2009**

**9:00am—3:00pm**

Many women struggle with clarity about the appropriate use of boundaries and assertion. Some have been told repeatedly that only voices in authority over them have validity. Many have been squelched from sharing their viewpoint if it does not agree with the other person. Others have had their voices taken from them through abuse or control; still others have doubted their value believing submission is submersion.

This workshop is designed for each woman to learn to tune in to her own voice, trust it, and use it for God's designed purpose. We will be using a variety of exercises to build concrete understanding of what has blocked our voices and tools to apply immediately to set our voices' free to align with God's design. This topic is essential, because if the cycle is not broken by you, it will be passed on to your daughters and granddaughters.

## **Workshop Leaders:**

*Mary Akey, MFT and Kim Fredrickson, MFT*  
All women who would like to have more clarity, confidence and consistency in being heard by others are welcome.



## **Workshop located at Mary's office:**

1100 Melody Lane, Conference Room  
Roseville, CA 95678

Call Mary at (916) 746-7941 for more info or  
e-mail [Kim@KimFredrickson.com](mailto:Kim@KimFredrickson.com)

Cost \$55 per person. Includes a delicious lunch, snacks, and all workshop materials. Register online at <http://www.kimfredrickson.com> or fill out the registration form below and mail in your registration with payment in full to the address above

Name: \_\_\_\_\_ \$55 per person Make check out to *From Here 2 There Ministries* \$ Enclosed: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone #: (H) \_\_\_\_\_ (C) \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Your registration will be confirmed via e-mail**