



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BETTER TOGETHER

Circle of Self-Care

THOMAS E. HANNAH FAMILY YMCA

Saturday Afternoons
March 3, 10 & 17, 2018
2:00 - 3:30 pm
In the Chapel

Register today for The Circle Way, led by Karen Buckwalter, MSW, LCSW .

The Circle Way brings a small group of people together to grow through intentional listening and speaking to create meaningful dialogue centering around self-care. Limited to 12 participants.

FREE and open to the community.



About the Facilitator

Karen Doyle Buckwalter, MSW, LCSW has been a clinical social worker for over 20 years. Her career has been dedicated to deepening connections and communication in groups, couples and families. She holds a Master of Social Work Degree from Temple University and also completed a 2 year post masters training program at the prestigious Menninger Clinic.

She has published articles in peer reviewed scientific journals, special interest magazines such as Adoption Today, and her first book Attachment Theory in Action was released in December 2017. Karen has directed women's ministries and is currently a small group leader at Westminster Presbyterian Church in Spartanburg SC. She has been leading Circle discussions in her professional work for several years.



For more information contact
Karen at 217-316-1396 or
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