

WomanSafeHealth Presents...

Medical Empowerment Workshop

Upcoming Introductory Workshop:
Wednesday, September 30, 2009 from 6-9pm

*Do you feel anxious or overwhelmed just thinking about
medical tests, procedures and equipment?*

*Do you ever avoid medical care,
even when you know you need it?*

*Are you facing health challenges that require you
to spend more time than you would like in medical settings?*

Isn't it time to find relief
so that you can care for yourself well?

This three-hour introductory workshop offers women a holistic, multi-faceted approach to developing resources, skills and techniques for coping with health challenges and navigating medical settings with confidence. Topics covered include: communicating with caregivers, developing positive alliances and support systems, mind-body approaches to anxiety reduction, and strategies for informed decision-making.

Workshop cost: \$90. For more information, or to register, please e-mail
info@womansafehealth.com or call us at 734-477-5100



2340 East Stadium Blvd, Ste 8 Ann Arbor, MI 48104 www.womansafehealth.com

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Medical Empowerment Group

An ongoing drop-in support group for women who are facing medical challenges. This forum is designed to help participants access support, strength and encouragement as they cope with health concerns and navigate medical systems.

Meets Wednesday afternoons from 12:00-1:00pm

Cost: \$15 per session. Space is limited to 8 participants. Please call to pre-register and reserve your space.

Private Medical Empowerment Sessions

Using the same principles and practices offered in our medical empowerment workshop, we tailor 1-2 hour private sessions to meet your individual needs. Sessions typically include a combination of information, counseling and multi-sensory experiences. A support person of your choice is welcome to join you for any private medical empowerment session.

Cost: \$90 per 50-minute session.

Woman Advocacy

A Woman Advocate can accompany you to medical visits, help you understand and navigate the medical system and be an empowering member of your healthcare team.

For private sessions or Woman Advocate information, please call **734-477-5100**

About the Facilitator: **Sierra Hillebrand, MA, TLLP** is a psychotherapist who holds a master of arts in humanistic and clinical psychology from the Center for Humanistic Studies, and a bachelor of arts in women's studies from the University of Michigan. She is currently enrolled as a PhD student in clinical psychology at Pacifica Graduate Institute. Sierra has also provided clinical services to women and their families as a midwife, doula and childbirth educator since 1997.



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