

An Enneagram Journey to Healthy Relationships"

## Enneagram Relationships Group

The Enneagram has become wildly popular recently but how does it help us understand our relationships? This group looks into understanding the motivations and dynamics of different personality types that we see in our intimate partners, our friends, and in our professional lives.

## **Group Details:**

Who: For adults 18 and older interested in understanding their relationships in light of the Enneagram When: Monday Evenings 6:30 - 8 p.m.,

Runs Oct. 14 - Nov. 18

Where: Jones Family Counseling Center, PLLC 123 Centerpark Drive, Knoxville, TN 37922 Cost: \$70 (\$10 per session & includes workbook) Led by Josh Lund, M.A. and Lauren Lay, B.S.

## Hosted by Jones Family Counseling Center, PLLC

What are my tendencies during times of security or times of stress?

Where do perspectives differ in relationships? How do I process things differently than others? What areas of growth could benefit my relationships?

These questions and more will be processed in a safe and nonjudgemental space where you can learn more about yourself and others with caring professionals.

(865) 392-5225

Call to join or for more information visit www.jonesfamilycounseling.com!

