

Payment Information

Registration is available by contacting Deborah Olson at the information provided below. Seminar fee: \$295, Early bird registration (by October 1st): \$275, Bring a friend registration: \$250 each when payments received together.

Methods of payment for seminar:
CASH CHECK CREDIT or DEBIT CARD

Your Payment Includes

All seminar materials, opening reception, hot breakfast on Saturday & Sunday and lunch on Saturday.

Hotel Information

A block of rooms has been reserved for our event at a discounted rate. For rooms at the San Luis Resort, the cost is \$239 per night (plus tax). We also have rooms available next door at the Holiday Inn on the Beach for \$159 per night (plus tax).

Both hotels accommodate up to four people per room for this special double room rate. These room discounts are offered to registrants through September 25, 2015. After this date we can not guarantee rates or availability.

Contact Information

Deborah Olson, M.A. LPC
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The San Luis Resort

www.sanluisresort.com
5222 Seawall Boulevard
Galveston, TX 77551
409.744.1500



This Take Back Your Life seminar
is brought to you by:

Galleria Counseling & Consulting
www.galleriacounseling.com
4265 San Felipe St #1100
Houston, TX 77027
713.968.9892



JOIN OUR
TAKE BACK YOUR LIFE SEMINAR,

The Healing Power of Girlfriends



women empowering women

Take Back Your Life
Now!

Gather your gal-pals or come to make new friends for this fun weekend of exploring the healing powers of sisterhood!

Take time to unplug and spend a weekend by the sea relaxing, refreshing and reconnecting with yourself and your girlfriends.

OCTOBER 23-25, 2015

At the San Luis Resort & Spa Galveston, Texas



Bring a friend - Make a friend



Enjoy time at the spa,
dinner or seaside stroll with
friends new and old



Sisterhood rocks - let's celebrate!

Why you need to attend



Girlfriends feed our soul.
They help celebrate our joys and nurture our imperfections. This seminar explores the importance of friendships, including health benefits, levels of familiarity and overcoming challenges. Dedicate time to helping nourish and strengthen this essential component of your life.



Deborah Olson M.A. LPC

Deborah is a licensed professional counselor who specializes in women's emotional health and marriage and family therapy. A published author and public speaker, she has a passion for helping women of all ages move through life's challenges and transitions.

Schedule


Friday

7 to 9pm

- Gather for our opening reception
- Learn the history and health benefits of friendship


Saturday

9am
Hot breakfast served

9:30 to noon

- Examine different ways we define friendships
- Analyze expectations you bring to relationships
- Understand what you seek from our girlfriends

Noon-1:00pm
Lunch served

1 to 4pm

- Investigate the Olson Friendship Framework
- Discover friendship levels and danger zones
- Reveal new perspectives on relationship wins and losses

After Saturday's sessions, participants are free to visit the hotel spa, stroll the beach, shop the Strand and enjoy dinner with others.


Sunday

9am
Hot breakfast served

9:30 to noon

- Unearth why sisterhood is so important
- Witness what is healing about girlfriends
- Rejoice in how God has created us to connect with others
- Behold the blessings of friendship

Seminar concludes and we say our goodbyes with more time for the beach, the spa or shopping.