



Life Transitions Newsletter

March 2008



Dear Clients,

This is a short newsletter because most of my energies have been directed to putting the final touches on a new, larger, home office. Opening of the new office will be April 22nd

In addition, we will be starting a new group called "Restructuring Your Life After the Death of a Loved One".

You can read about both of these changes below. Spring is here and with it warmer weather and many blooms - Enjoy!

Sincerely,

Penny Blazej, LCSW, BCD

Announcements

Valley Center Office Re-locating!

The final touches to a new home office are being done as I write this newsletter. The space will have more room for groups. The teen group "*Being the Woman You Want To Be*" has been in

session for over two years now and it is growing!!! We have already out grown the current office.

New office is located at 13250 Mirar de Valle. The cross street is Valley Center Road and is located on the hill right behind the dairy farm. Take the second drive way on your right which is marked by a white mail box. Park in the drive way and come to the copper colored front door.

We will start seeing Valley Center clients at this new location April 22nd. Again, the Escondido office will remain open so if you normally see me there will be no changes.

New Groups

The teen group "*Becoming the Woman You Want To Be*" will open for new members from March 24th through the 31st. This group meets on Mondays from 4:30-6:00 p.m. in Valley Center. The group runs for 10 sessions and costs \$450.00. Most insurances cover this group.

A second group is just being formed title "*Restructuring Your Life After the Death of a Loved One*". This group is for those who have recently lost someone they love to death within the last 12 months. The group is for adults only. This group will be on Wednesdays. Time and locations will be determined depending on who is interested.

If you want more are interested is either of these groups, please call me at **760-685-3403**.



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Book Reviews

The Body Shape Bible by Trinny & Susannah is a great book to obtain a better understanding that women come in all types and sizes. According to the authors twelve. They give some excellent tips on how to dress to emphasize the positives and minimize the negatives. It is a fun read and great for building self-esteem.

For a good read that offers a deeper understanding of what Afghanistan has been like for the last 50 years, I would recommend Khaled Hosseini's latest book called "*A Thousand Splendid Suns*". The book follows three key people from childhood through adulthood.

Wise Words

Randy Pausch reprising his "Last Lecture" ...
"*Experience is what you get when you don't get what you want*". To listen to the lecture go to the following link:

<http://video.google.com/videoplay?docid=8577255250907450469&pr=goog-si>

"*Civilization is a limitless multiplication of unnecessary necessities*" Mark Twain

