



# R.I.S.E. Counseling Center

RESILIENCE.  
INTEGRITY.  
SERENITY.  
EMPOWERMENT.

## R.I.S.E. Together

**Group Purpose:** an empowerment group combining bibliotherapy, journaling, and group counseling to support:

- connection, shared meaning, and personal growth
- a safe space to provide and receive feedback
- interpersonal growth, building inner resources, and striving toward our best selves

BIBLIOTHERAPY: A THERAPEUTIC APPROACH  
USING BOOKS AND LITERATURE TO SUPPORT  
MENTAL AND EMOTIONAL HEALTH

Examples of authors: Angela Duckworth, Eckhart Tolle, David Brooks, Brené Brown, Elizabeth Lesser, Pema Chödrön

**Meeting schedule:** Monthly on Tuesdays from 5 to 6:30 pm

**Meeting Location:** 1551 Jennings Mill Rd Suite 3000B

**Cost:** \$55 per group

**Group Facilitators:**

Dr. Kristi Atkins and Virginia Synan M.Ed, NCC

Interested? Questions? Contact Kristi @

(706) 431-5244 or [drkatkins@risecounselingcenter.org](mailto:drkatkins@risecounselingcenter.org)