

Living Out Loud

Cultivate power through your voice.

practice speaking up * meet your loud, assertive self * get comfortable saying “no”
experience embodied confidence * take up space * use your voice to get what you want

mondays in west philly
5:30-6:30 pm at 42nd and Chestnut
Inner Rhythms Music & Therapy Center

2017/2018 group now forming
To register: Call TCP to schedule your intake
215-567-1111 ext. *812.



TCP serves women and transgender communities.
This group is facilitated by Julie Lipson, MA, MT-BC.
Sliding scale starts at \$20 per session. Intake fee is \$30.