

**FOR IMMEDIATE RELEASE****'Healing the Gap!'**

Personal Empowerment Company, Sisters' Sanctuary, releases A Five Topic Interactive Audio Discussion Program that will Promote Bonding and Healing Conversation between African- American Women and Teen Girls: Healing The Gap!

PHILADELPHIA, PA JUNE 15, 2008: On June 21, 2008 Sisters' Sanctuary™ will release it's new product, **'Healing The Gap!' Discussion Prompts that Promote Healing and Bonding Conversations Between African American Women and Teen Girls, A Five Topic Audio Series.** **'Healing The Gap!'** is a five topic interactive audio discussion program Lead by Sisters' Sanctuary™ Personal Empowerment Coach and Founder, Lacey C. Clark!. This interactive program is designed to promote bonding and healing conversation between African-American Women and Teen Girls. The entire 5 disc set is \$97.97. Downloads are available for \$79.97. Orders can be purchased with [Sisters' Sanctuary.](#)

'Healing The Gap!' is based on Author and Personal Empowerment Coach Lacey C. Clark!'s research of today's generation and experience as a facilitator of Sisters' Sanctuary™ summer camps, workshops, classes and seminars for teen girls and their parents. The **'Healing The Gap!'** topics are Heart Full of Peace (Stress Management); 'Loving the Woman in the Mirror (Self-Image); 'Loving My Body Like It's Golden (Body Image); The Baby and the Daddy (Exploring Men and Boys); Un-Shaming Sex and Sexuality (Sex and Sexuality). These topics are support for mothers, grandmothers, teachers, counselors, mentors and any African-American Woman with a connection to our teen girls. "I created this 5 topic series, because I have witnessed the disconnection and level of difficulty that women are having with communicating in a healthy and positive way to teen girls today. This series is a solution to bridging that gap and helping women and young girls build healthy relationships," says Lacey C. Clark!. This program will help foster mutual respect between African American women and their teen girls. **'Healing The Gap!'** gives the tools to recognize and overcome communication barriers brought on by age, culture, etc. This discussion program encourages healthy decisions around body image and peer interaction and promotes the practice of self-love and self-respect. **'Healing The Gap!'** increases bonding as well. By using **'Healing The Gap!'**, mothers, grandmothers, teachers, counselors, mentors and etc. will strength themselves as an African American Woman and have the tools to help teen girls craft the proper building blocks for a strong foundation in Womanhood.

Lacey C. Clark! is the Lead Personal Empowerment Coach of Sisters' Sanctuary™, Founder of the Self-Love Movement and Author of **Celebrate HER Now!** Lacey! is an expert in solving the communication challenges between younger and older women of color Lacey!'s clients include individuals, families, not-for profits, civic organizations, summer camps, retreats, schools and corporations. Her work heals wounds and bridges the gap created by our changing culture. She has shared stages and platforms with Jill Scott, Hill Harper, Dr. Sonia Sanchez, Les Brown, and Dr. Robin Smith of the Oprah Winfrey show. Lacey!'s approach has been featured in both local and national media.

Sisters' Sanctuary's™ **'Healing The Gap!' Discussion Prompts that Promote Healing and Bonding Conversations Between African American Women and Teen Girls, A Five Topic Audio Series** by Author Lacey C. Clark! is a five topic interactive audio cd program for \$ 97.97 and \$ 79.97 for download, is available on June 21, 2008 with [Sisters' Sanctuary.](#)