



**Don't Pout About It,  
Shout About It!**

# Venting Party

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# Venting Party

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## Who needs to vent?

Venting parties (in your home or virtual) are where you and your friends take one minute to five minutes to vent. Anything goes. Don't hold back! Say what you want to say once and for all. Stop holding it inside of you. Otherwise, you could explode!

Thanks to web cams and SKYPE, a venting party could be held virtually. You can 'vent' together and clear the air around you and in cyberspace.

## Benefits

- Feel better
- Decompress
- Have a 'sounding' board to listen to you
- Vent in a safe environment

# Venting Party

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## What's included in a Venting Party?

- Potluck or catered dinner
- Journal and pen
- Beverages
- Fun

## Add the following professionals

- Manicurist and or pedicurist
- Masseuse
- Astrologer
- Psychic/intuitive
- Reiki practitioner
- Angel readings
- A combination of the above professionals



Make it a girl's night out ... Make it a guy's night out ...

Just get it all out!