A relational therapy group for women with an emphasis on supporting one another, learning from each other, and creating connections through dialogue.

This group may be helpful if you are:

- In your 20s, 30s, or 40s
- Making decisions about careers, relationships, and life changes
- Practicing assertive communication
- Developing ways to practice and maintain healthy boundaries
- Learning strategies to manage negative self-talk, experiences of self-doubt, and symptoms of anxiety

**Thursdays, 8:00 am - 9:15 am**

Limited space available.
Initial interview required prior to committing to the group.

For more information, contact: Kerry Cochrane, LCSW

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