

# Women's Group



## Description

Being a woman has its unique challenges whether you may be single, married, divorced, with or without children or working in or outside of the home. If you are struggling with maintaining or finding healthy relationships, problem solving or managing high and low emotions, this group may be a perfect fit. Providing a safe place, this group will serve as a space to process the myriad of emotions and challenges you face. Through Acceptance and Commitment Therapy (ACT), you will begin to deeply understand yourself again, your desires and values which will in turn begin to manifest into your daily lives. We are not meant to walk this journey of womanhood alone but alongside our community. Come meet your community!

"Humans are social beings, and we are happier, and better when connected to others"  
-Paul Bloom

## When

Wednesdays 7:00pm-8:30pm starting April 27rd

8 week commitment

Virtual Group

\$75 per group

\*limited financial assistance available

## Contact:

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