

# LIVING WHOLE

## A Group for Women

Tuesday Mornings • 10:30 AM – 12:00 PM  
April 23, 2019 – June 11, 2019



This women's workshop series offers the opportunity to begin to learn how to live "whole" and become "unstuck". We will learn how to make relationships feel safer and build connection by addressing trust issues, identity confusion, and lack of self-worth. You will have the freedom and permission to feel emotions, gain empathy, and hope from others walking your path. Make yourself a priority for an hour and half once a week for 8 weeks.

\$60 per group session

Pre-registration screening and payment in advance is required

Contact Amanda or Jennifer for more information and to register

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