

A photograph of three women from behind, hugging each other in a grassy park setting. The woman on the left has short blonde hair and is wearing a black and white striped t-shirt and blue jeans. The woman in the middle has long, wavy brown hair and is wearing a floral patterned dress. The woman on the right has long dreadlocks and is wearing a pink t-shirt. The background shows green trees and a clear sky.

LIVING WHOLE

A GROUP FOR WOMEN

SEPTEMBER 17th-NOVEMBER 5th
Tuesdays 6-8pm

This women's group 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!

\$60 per group session for 8 weeks

Pre-registration screening and payment in advance is required

Contact Jennifer for more information and to register

jennifer@fortmillpsychotherapy.com * (803) 216-1604 ex 6