

Women's Group

Empowerment & Living Your Best Life!

These groups are a safe, supportive place to voice and process life issues, and create positive changes.

Topics to be Explored:

- Finding Life Balance
- Explore your Purpose and Passions
- Codependency / Relationship Issues
- Grief/Loss/Aging
- Find your Voice & Problem Solving Skills
- Manage Anxiety and Stress
- Transform Yourself – Embrace a more Balanced and Empowered Life
- Concepts of Happiness



- Wednesday nights @ 4:00 - 5:30pm
- Cost is \$50 per group session.
- First In-person Group March 22nd!
- Sign-Up Deadline March 15th

Website

<https://gncounseling.com/>

Call: (480) 496-9760

E-mail: info@bigsteptorecovery.com

Additional details on our website:

<https://gncounseling.com/>

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*"The turbulence of our times
demands strong selves with a clear
sense of identity, competence, and
worth."*

- Nathaniel Branden