



Women's Empowerment Group

Join a dynamic and engaging group of women (35+ years old) seeking to gain perspective and insight into unique, shared experiences of women. Give and receive support, explore your relationship with yourself and others in a safe, supportive environment.

Topics addressed are flexible, based on the needs of group members and may include:

- ✓ Life transitions
- ✓ Self-esteem
- ✓ Emotions
- ✓ Intimate relationships
- ✓ Changing friendships
- ✓ Body image concerns
- ✓ Caregiving
- ✓ Motherhood
- ✓ Midlife and aging
- ✓ Family dynamics
- ✓ Identity exploration
- ✓ Grief, loss, and mourning

Time: 5:30-7:00pm

Location: 44025 Margarita Road, Suite 101, Temecula, CA 92592

Cost: \$55 per session

Group Type: Open (Attend the sessions that you want)

Facilitator: Dr. Leevers

How do I join the Group?

- For registration, please go to MindwellGardens.com and complete the **contact** form.
- Dr. Leevers will reach out to discuss your specific needs and let you know if participating in the group will meet your goals.

Meeting Dates* (*Dates are subject to change.)



2024

January 9 and 23

February 6 and 20

March 5 and 19

April 9 and 23

May 7 and 21

June 4 and 18

July 2 and 16

August 6 and 20

September 3 and 17

October 8 and 22

Mindwell Gardens
COUNSELING AND PSYCHOLOGICAL SERVICES

Where healing begins