

# **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



*GNV Counseling &  
Consultation Services*

#### **Website**

<https://gnvcounseling.com/>

Call: (480) 496-9760

E-mail: [info@bigsteptorecovery.com](mailto:info@bigsteptorecovery.com)

**15215 S 48<sup>th</sup> Street, Suite 150  
Phoenix, AZ 85048**

*Gigi Veasey, LCSW, LISAC, CCBT*

- **Wednesday nights @ 4:00 - 5:30pm**
- **Cost is \$50 per group session.**
- **Call to be added to the list!**
- **New Year, Spring, Fall Groups 2025**

#### **Additional details on our website:**

<https://gnvcounseling.com/>

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

*- Nathaniel Branden*