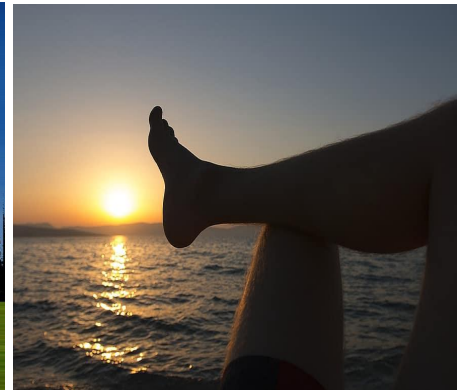
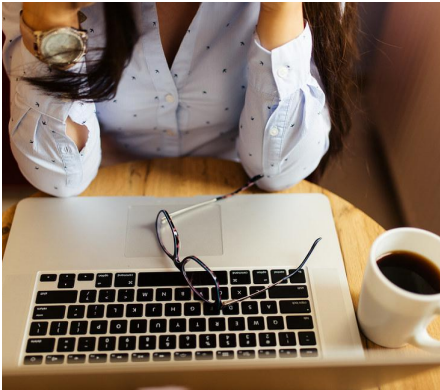


Therapeutic Counseling Group facilitated by...

First Position Therapy & Counseling Center, LLC.

Women's Group: I'm A Busy Woman!



GROUP FOCUS	This group is ideal for the woman who is juggling the day-to-day stressors and needs to process her day with women who are in similar circumstances to support one another, learn strategies from the therapist on how to manage stress, set goals, and improve her view of herself. This group will help you to realize what is important to you and to make time for it! We'll explore your beliefs & your motivation. This group will meet weekly and the cohorts will have the opportunity to be in touch with their cohort after the group has ended if desired.
SESSION START (DURATION); LOCATION	Fall 2021 (8 weeks); Saturday's Virtual/ Online Group
TARGET AGE GROUP	Women ages 25+
CONTACT	Email: whitneylpc@firstpositiontc.com Website: http://firstpostiontc.com
COST	\$40/ per group session