


Women's Counseling

Group:

Booked & Busy!



GROUP FOCUS	This group is ideal for the woman who is juggling the stress of home life, work life, and/ or relationships. She may need to talk about her day/ life 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 a woman to realize what is important to her and to make time for it! We'll explore her beliefs & motivation. This group will meet weekly and the cohorts will have the opportunity to remain in contact with their cohort after the group has ended if desired.
When?	8 weeks; Online Group; July 2022
Who?	Women ages 25+
CONTACT	Email: whitneylpc@firstpositiontc.com Website: http://firstpostiontc.com ---  @firstpositiontherapycounseling
COST?	\$20/ per group session