



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 are 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



Meeting dates for 2026*

**Dates are subject to change.*

Facilitator: Dr. Leever

Time: Tuesdays (twice a month)

Time: 5:30 – 7:00 pm

Cost: \$55 per session or copay*

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

January 13 & 27

February 10 & 24

March 10 & 24

April 14 & 28

May 12 & 26

June 9 & 23

July 14 & 28

August 11 & 25

September 15 & 29

October 13 & 27

November 10 & 24

December 8 & 22

* We accept Anthem and Aetna insurance



How do I join the group?

Go to **MindwellGardens.com**
and complete the **contact** form
or email Dr. Leever at
dr.leever@mindwellgardens.com

*Attend the sessions
that fit your
schedule!*



Mindwell Gardens
COUNSELING AND PSYCHOLOGICAL SERVICES

Where healing begins