



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 2024*

**Dates are subject to change.*

Facilitator: Dr. Leevers

Time: 5:30 to 7:00 pm

Cost: \$55 per session

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

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

November 5 and 19

December 3 and 17



How do I join the group?

Go to **MindwellGardens.com**
and complete the **contact** form.

*Attend the sessions
that fit your
schedule!*

Mindwell Gardens
COUNSELING AND PSYCHOLOGICAL SERVICES

Where healing begins

