



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 2025

Dates are subject to change.

Facilitator: Dr. Leever

Time: 5:30 to 7:00 pm

Cost: \$55 per session or co-pay

Location: Mindwell Gardens

44025 Margarita Road

Suite 101

Temecula, CA 92592

January 7 and 21

February 4 and 18

March 4 and 18

April 8 and 22

May 6 and 20

June 3 and 17

July 8 and 22

August 12 and 26

September 9 and 23

October 7 and 21

November 4 and 25

December 9 and 23



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

