

A confidential, women-only space for reflection, connection, and emotional support

WOMEN'S SUPPORT GROUP

Who is this group for?

- Women seeking emotional support and community
- Women navigating relational, identity, or life-role transitions
- Women ready to explore internal patterns and strengthen self-trust

Topics We'll Explore

- People pleasing & difficulty saying no
- Over-functioning
- Hypervigilance and difficulty resting
- Coping with mental load
- Finding your voice
- Resentment from unspoken needs
- Communication dynamics
- Lack of emotional safety
- Emotional exhaustion and burnout
- Life Transitions
- Mother & daughter relationships
- Money and mental health

Tuesday, March 24, 2026
6:30p - 8:00p PST

Who: Anyone identifies as a woman
Frequency: Weekly (6-week commitment)
Cost: \$80 per week
Choose One Format: Virtual or In-Person

Group Format Options:

Virtual Group (Telehealth)

- Attend from your own space
- Hosted via secure Zoom
- Ideal for flexibility and convenience

In-Person Group (San Diego only)

- Face-to-face connection
- Limited spots to maintain intimacy
- Location provided upon registration

Participants choose one format and remain with the same group for the full 6-week commitment.

Hosted by



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To register: scan QR code

