



Blossom Psychotherapy

GROUP THERAPY EXPLORING SELF-WORTH

Join Victoria for 6 in-person sessions designed to enhance self-worth through mindfulness, self-compassion, guided activities and group discussion.

- ✓ Mondays, 6:45-8:15pm, beginning January 20th, 2025
- ✓ In-person, small group (5-7 people)
- ✓ Cost: \$300

For anyone who:

- ✓ Struggles with self-criticism and perfectionism
- ✓ Feels like they're not 'enough'
- ✓ Wants to cultivate a stronger, more supportive relationship with themselves

