

WOMEN'S EMPOWERMENT GROUP

Wednesday Nights starting April 3rd

6:00-7:30pm

Do you struggle with expressing your true needs and asking for help?
Do you feel stuck, unmotivated, confused, not sure where to start?
Do you wonder if you are honoring yourself or making yourself a priority?
Do you feel unhappy, unfulfilled, lacking joy, or feeling lost?
Are you unhappy in your marriage, relationship, job?
Do you wonder "How did I get here?"

JOIN US FOR A GROUP THAT'S ALL ABOUT YOU! Screaming children, nagging partners, and barking dogs NOT welcome 😊



Week 1: Telling yourself the truth – Correcting the Narrative
Core beliefs, internal dialogue, positive affirmations

Week 2: I can't, I gotta put my Lipstick on, eat a salad and go to the gym
How society and gender norms impact our wellness

Week 3: No is NOT a bad word
Setting boundaries, saying NO, expressing your needs

Week 4: FEAR: What would I do if I weren't afraid?

Week 5: It's not a dress rehearsal, Let's get to it
Setting goals and objectives

Week 6: I think I can, I think I can, never give up
Courage dear hear, the fighter remains, the WOMEN in the arena

Ask your Therapist for details!