

WOMEN'S SUPPORT GROUP

Enjoy the Support from Other Women, Where You Can Connect and Share

This group provides the opportunity to process current challenges and receive feedback from others.

Some areas of discussion are:

- Phase-of-life-change
- Self-esteem and body issues
- Care giving/care-taking burnout
- Questioning relationships
- Difficulty setting boundaries
- Wanting a happier, more fulfilling life

These areas and more can be discussed in the group. Cindy Anderson, LMFT facilitates the group where she can also provide support through feedback, providing insight, resources, and skills. Come receive the support you have been seeking in a safe environment.

Contact Us for Current Schedule

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