

WOMEN'S THERAPY GROUP

# COME BACK TO SELF

This group is your invitation to reconnect with who you are. You deserve to pour the same kind of love and attention that you pour into relationships, children, and caregiving into yourself.

**This is your time to come back to self.**

In this 8 week group, we will:

- Develop techniques for connecting with the person within
- Practice incorporating joy into your daily life
- Identify limiting beliefs and/or fear-based thoughts
- Recognize characteristics of healthy and unhealthy relationships
- Explore creative expression through movement, journaling, & so much more!

Where: Google Meet

When: Monday from 6-7:30 PM

2/8 - 3/29

Cost: \$280 or \$35/session

Contact Adrianna Sesi or  
Ashley Sitalo to register:

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