## **GROUP THERAPY**

# WOMEN MOVING FORWARD

Open Group for Women of any Background or Life Stage

**Group Begins** 

**January 24<sup>th</sup>, 2025** 

**Weekly on Fridays** 

1:30 - 2:30 p.m.

This is an open group; members may attend as they are able.

> Join Us! Every Friday

For Healing, Support, Connection & Growth





### THEMES EXPLORED:

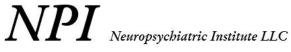
- NAVIGATING & BUILDING **RELATIONSHIPS**
- CREATING PERSONAL **BOUNDARIES**
- MANAGING LIFE **TRANSITIONS**
- BUILDING CONFIDENCE & **SELF-ESTEEM**

#### **FEES FOR SESSIONS:**

- Self-pay fee is \$35 per session.
- Your insurance may cover sessions. (Co-pays, Co-insurance, and deductibles may apply)
- Ask your provider or staff to verify your insurance's benefits.
- Phone us at (813) 636-8811 for more information.

#### **FACILITATOR:**

Andrea Barreto, LMHC, ACA, NCC



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