

# 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*

Call to Sign Up  
Today!!



### 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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