

“Are you ready for some serious fun?”

SINGLE WOMEN’S RELATIONSHIP THERAPY GROUP late 20’s – 30’s

Educational/Process Group

This group is for single female adults, who want to change the way they experience themselves and others in relationships, especially romantic. Group members will explore their personal issues in the process of learning new and more successful ways of interacting with others and forming lasting ties.

IN THIS INTERACTIVE (PROCESS) GROUP YOU CAN:

- ◆ Assess your personal (family of origin) issues and their effects your relationships.
- ◆ Identify your patterns and learn more fulfilling ways to relate and sustain relationships.
- ◆ Work through your own emotional reactions to the behaviors of others.
- ◆ Work on improving your communication skills.
- ◆ Discover how beliefs and traumas can impact emotional ties.
- ◆ Use the group as a safe place to practice new skills

Ongoing Group

(Three months minimum commitment)

(1/2-hour no-fee interview required)

Thursdays, 7:30 – 9:00 pm

\$45 per session

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

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