

# Women's process-oriented psychotherapy group

## Support group for women

This is a weekly process-oriented group that will provide a safe space for women of all ages to explore their thoughts and feelings, address relational and emotional concerns, receive and give support or feedback, and practice healthy ways of relating to others.

Among other topics, this group will also focus on the following: self-esteem, self-awareness, problem-solving skills, assertiveness training, emotional regulation, stress management, healthy coping skills, and social and interpersonal effectiveness.

**Age: 18+**

**Date and time: Wednesdays (6 to 7 p.m.)**

**Self-pay or insurance is accepted**

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Best suited for women who may struggle with the following areas of difficulties:

- Depression
- Anxiety
- Post-traumatic stress disorder (PTSD)
- Eating disorders
- Bereavement and grief
- Anger management
- Adjustment difficulties
- Self-esteem
- Co-dependency
- Interpersonal difficulties
- Coping skills
- Social isolation

