

Arrowhead Family Systems



Do you feel overwhelmed, exhausted, and depleted?

8 Week Program for Professional Women
Mondays from 7:00-8:15pm

Do you feel like you are being pulled in too many directions and you're not effective in any of your responsibilities in your personal or professional life? Laundry has piled up, the boss is on your back, bills need to be paid, kids have homework, parent-teacher conferences are around the corner, dinner needs to be on the table, and there just doesn't seem to be enough time in the day!

Objective: This group has been designed for overwhelmed professional women who are struggling in their attempt to be Supermom or Superwoman. Participants will learn new strategies and skills for engaging in self-care while also working to create the fulfilling life desired.

<ul style="list-style-type: none">• Strengthen Self-Worth• Increase Healthy Boundaries• Address Perfectionism• Learn Strategies for Self-Care	<ul style="list-style-type: none">• Develop Self-Compassion• Process Emotions• Decrease Stress• Build Positive Momentum
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Arrowhead
Family
Systems, LLC



Group facilitated by Rachel White
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Please email
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for registration information.