



Women Supporting Women

Mondays 5:00-6:30pm

Starting March 9th!

10 Week Support Group

Are you finding it difficult to go through normal life due to worry and sadness? Finding help in a relational group setting can help you give and receive support from your peers. This group will aid in developing and implementing useful coping strategies to help create a happy and empowered life.

Such topics discussed will include:

- Mindfulness
- Cognitive Restructuring
- Sad Mood/Hopelessness
- Benefits of Exercise/Activity

- Self-Esteem/Self Worth
- Coping Strategies
- Healthy Relationships
- Loss

Group Facilitated by:

Anissa Hamlin
Marriage and Family Therapist Intern

To Register:

Please email info at
anissa@arrowheadfamilysystems.com
Visit www.arrowheadfamilysystems.com
for more information



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