



# REST & RESET

## THERAPIST SUPPORT GROUP

Being in the helping profession is meaningful and gratifying work. We strive to be there for our clients – in support of their hopes and preferences for their lives. Yet, sometimes the focus on others leaves little time and resources for our own lives. If you are feeling weighed down, in need of self-care and time to rest & reset – you are not alone. We all need a space where we can reflect on our own experiences and challenges, so that we have the energy and clarity to help others. Join us in creating a supportive space together.

Licensed and pre-licensed clinicians (MFTs, LPCCs, MSWs, Psychologists) welcome.

Beginning late February 2018, call or email to schedule an intake interview.

**Fee:** \$30/session

**Duration:** 90 minute weekly sessions for 12 weeks

**Group Facilitator:** Mona Klausing, LMFT, Licensed Therapist & Co-Director

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