



# TRANSITIONS

## WOMEN'S SUPPORT GROUP

Are you going through a life transition, such as a new relationship, birth of a child, divorce, parenting challenge, medical condition, menopause, empty nest, or loss of a loved one? We all go through periods in our life when a little extra support could be helpful. Our goal is to create a community of women in support of one another as we re-define identities, build self-awareness and esteem, take on new roles, or adjust to life stages. In doing so, we hope to identify and work towards our preferred ways of living and engaging with the world around us.

**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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