

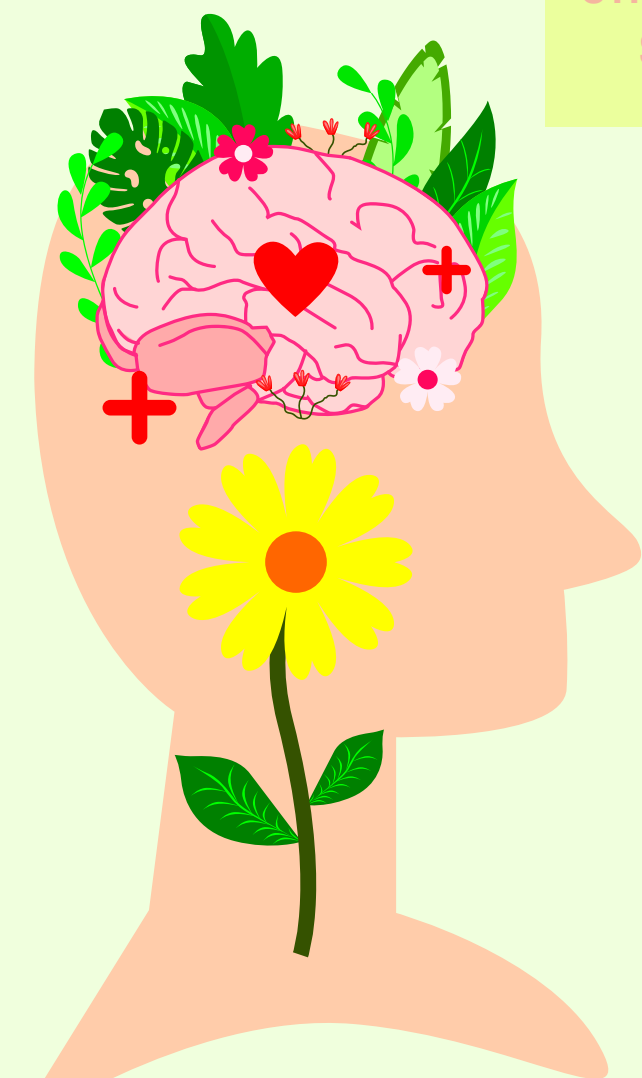
WOMEN'S GROUP

JAN 22 - FEB 26, 2024
MONDAYS - 5:30-7PM

**GIG HARBOR WOMEN'S PROCESS
AND SKILLS GROUP STARTING:**

TAKING CARE OF YOUR MENTAL HEALTH IS WHAT YOU NEED AFTER THE HOLIDAYS. THIS IS A GREAT GROUP IF YOU HAVE BEEN LOOKING FOR AN AUTHENTIC COMMUNITY IN A JUDGEMENT FREE ZONE TO SHARE EXPERIENCES, GAIN INSIGHTS, AND BUILD RESILIENCE

**JOIN US FOR A 6 WEEK IN-PERSON WOMEN'S
PROCESS AND SKILLS GROUP. WE WILL DISCUSS
STRESS MANAGEMENT, RELATIONSHIP SKILLS,
SELF ADVOCACY AND COMMUNICATION.**



THE GROUP WILL BE HELD AT:
6625 WAGNER WAY #260-C
GIG HARBOR, 98335.

\$690 FOR THE 6 WEEK GROUP. IN-
NETWORK WITH PREMIER. DEPOSIT HOLDS
YOUR SPOT, TOTAL DUE BY 1/18/23

EMAIL OR CALL
(253) 432-4561

ANNE@ANNEDOUGLASSTHERAPY.COM

ANNE DOUGLASS, LMHC, HAS BEEN A THERAPIST IN
PRIVATE PRACTICE FOR OVER 10 YEARS. HER WORK
FOCUSES ON CODEPENDENCY, FAMILY ISSUES,
ADDICTION AND RECOVERY.

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