

## Taking Care - A Support Group for Young Women

Do you need a minute? Let's take 90 together in a supportive space where you can feel heard and understood and build the skills to help you thrive.

This group is intended to help college age women build a foundation of self awareness and self care to use throughout their life.

This group combines evidenced based practices including psychodrama, meditation, mindfulness, and emotional freedom technique to create a unique, nurturing experience.

Feel supported as you learn new skills to decrease anxiety and build confidence!

Details:

8 week group

\$400

Monday evenings 6-7:30 pm

September 19

October 3, 17 & 21

November 7, 21

December 5, 19

sorry, no insurance accepted.

Complete Covid-19 vaccination required.

Contact **Patricia Hannah 732-507-9910**

**patriciahannahlcsw@gmail.com**

