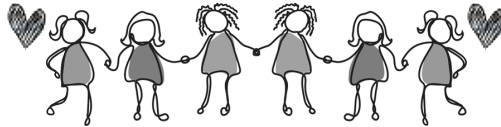


***Feel empty? Moody? Like no one gets it?
Not interested in the things you once were?
Overwhelmed with life?***

You are not alone.

***Self Care Group for Women:
Reducing Stress, Tackling Anxiety,
and Strengthening Boundaries.***



This group will nurture encouragement, understanding, laughter, and healing in a safe and confidential setting. Women attending can hope to build practical coping techniques, tools for maintaining healthy boundaries, and supportive relationships to foster growth.

Join Mondays from 6:00pm to 8:00pm
for this 8 Week Support & Educational Group

Anchorpoint Counseling Ministry Offices
\$6 per session. Scholarships are available.

***Space is Limited. For more information and to register, contact Cassy Wimmer
at 412-366-1300 ex. 105 or cwimmer@anchorpointcounselingministry.org***



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