

HEALING CONNECTIONS

A THERAPY GROUP FOR WOMEN

THURSDAYS, 6:00 PM - 7:30 PM
JANUARY 16th to MARCH 13th

Welcome to Healing Connections, a therapy group for women. You'll find an environment of acceptance, support, and safety where healing and growth take center stage. This group offers a space for women to explore their inner worlds, share their experiences, and connect deeply with other women. In this group, we focus on:

PERSONAL EXPLORATION AND HEALING: Delve into your thoughts, emotions, and life experiences with the guidance of two skilled therapists and the support of your peers.

EMOTIONAL SUPPORT: Experience validation and encouragement as you work through challenges and celebrate successes.

EMPOWERMENT: Develop practical strategies and coping skills to enhance your sense of self-worth and resilience.

This time will be led by Molly Hughes, LPC and Marcia Shearer, Counseling Intern. Whether you are seeking to address specific issues or explore personal development, Healing Connections offers a compassionate environment that will contribute to your healing and growth. Join us in this collaborative journey toward greater self-awareness and emotional well-being.

INTERESTED IN PARTICIPATING?

The cost will be \$200 for eight sessions.

To schedule an introductory phone call with one of the group leaders, email Marcia at mshearer@thewingscenter.org.

Please contact Marcia by 1/3/2025 to reserve your space in the group. We look forward to meeting with you!

