

WOMEN'S GROUP

Do you struggle with:

- Anxiety?
- Depression?
- Low self-esteem?
- Sexuality/intimacy concerns?
- Self-criticism?
- Perfectionism?
- Body shame?
- People pleasing?
- Unfulfilling relationships?
- Feeling lonely or alone?
- Difficulties with assertiveness?

Group therapy is a tool for growth and change that can help you:

- * Foster insight, self-exploration, and self-awareness
- * Identify and express your feelings, needs and desires
- * Cultivate deeper and more satisfying relationships
- * Cultivate increased self-acceptance and compassion
- * Learn new coping strategies and self-care skills

Would you like to connect with other women with similar experiences?



Coming Soon...

To learn more about the group experience, contact :

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You can also call us at
(518) 388-6161.