



Lety Arreola-Garcia, AMFT#94052

-For more details call:

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Logistics

Location: EPA

Length & Day: 10 weeks, Saturday

- 6/23, 6/30, 7/14, 7/21, 8/4, 8/11, 8/25, 9/1, 9/15, 9/22

Time: 10:00 am-11: 15am (75 mins)

Fee: \$50-100/session (Sliding scale available)

WOMEN'S WELL-BEING

PROCESS GROUP

Join me and other fascinating women like you! Sharing our thoughts, ideas, & intimate stories, we will discover that our vulnerabilities are a source of power. Build confidence, gain insight, & learn strategies that will ignite motivation and internal healing. Areas we will cover: *relationship issues, attachment, negative coping mechanisms, depression/anxiety, stress, and much more.*

"Loving ourselves through the process of owning our story is the bravest thing we'll ever do."

