



**Bilingual & Culturally
sensitive!**

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Web: <http://corazoncounseling.com>

Logistics

Location: EPA
Length: 10 weeks

Day/time options:
Tuesday 6/19-8/21 at 6-7:15 pm
or

Location: Palo Alto
Sunday 6/24-9/23 at 10-11:15
am

Fee: \$50-100/session (We can
work to find an affordable solution)

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, trauma/loss, stress, and much more.*

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

