



EMPOWER

Join Us Tuesdays 6 - 7pm

Do you put other people's needs ahead of your own? Or have difficulty setting boundaries? Is your mood determined by how your partner is feeling?

Join us for a 4-week therapeutic group that focuses on empowering individuals in relationships. During EMPOWER you will learn about your emotional and physical boundaries and how to set them, teach people how to treat you, and become skillful at managing your own emotions.

Group Fee: \$160 for 4 sessions
Space is limited, call to sign up!

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