



***“Peace is not something you wish for.
It's something you make,
something you do,
something you are, and
something you give away.”***
-Robert Fulghum

Women’s Group Therapy

Join us twice a month on Saturdays for coffee and conversation. Learn to take an active role in finding peace and relaxation in your life. Among other things, we will discuss how to

- Share struggles with others and enjoy the social support you deserve
- Focus on prioritizing yourself and your own needs and goals
- Live more fully in the moment
- Dispute negative thoughts about yourself and those around you
- Cope in a healthy way with relationships, change and aging.

The group is led by Kristen Berglund, Licensed Professional Counselor.

\$50 per session
(sliding scale available)

Houston Psychotherapists, Inc.
21216 Northwest Freeway, Suite 450
Cypress, TX 77429
832-237-2673
www.houstonpsychotherapists.com



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