



Women's Therapy Group

We All Need A Little Support Sometimes

This therapy group is designed for adult women with many different problems. No matter what your concern, this group is meant to help women support one another.

- This group is designed to:
- Help you cope with everyday stressors related to family, friends, or work.
 - Help you deal with balancing work and family responsibilities.
 - Help you understand depression, anxiety, and other mental health issues.
 - Help you cope with issues of body image and eating.
 - Help you develop improved self-care in your life.
 - Help you develop improved communication and other relationship skills.
 - Give you an open forum to gain insight, information, and support.
 - Give you a safe, neutral, non-judging space to share your feelings, thoughts, and concerns.
 - Provide a group experience wherein other women can help you brainstorm for effective problem solving.

**Using skill building strategies,
in a supportive and therapeutic environment,
we will help you develop a personal plan for success.**

- When: (Start 9/16/09) Every other Wednesday 6:00-7:15pm – open enrollment
(Other sections may open based on demand; please contact us if interested.)
- Where: Lepage Associates, 5842 Fayetteville Road, Suite106, Durham
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)
- Cost: \$80.00 per session (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

**To Register: Download a registration form from our website; Call 572-0000
or email officemanager@lepageassociates.com**

Space is limited so register now to reserve a spot!

www.lepageassociates.com