

# TRANSITIONS | WOMEN'S SUPPORT GROUP

8-WEEKS IN SOUTH PARK / SAN DIEGO

For adult women of all ages

Saturdays @ 9:30-11 am PST | January 6 to March 2, 2024

FACILITATED BY:



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Parker, AMFT



## ARE YOU GOING THROUGH A MAJOR LIFE TRANSITION?

Perhaps it's a new relationship, birth of a child, recent divorce, family challenge, medical condition, menopause, empty nest, or loss of a loved one? Whatever the challenge, you don't have to face it alone. In times like these, a little support goes a long way, and community is essential.

Join us as we support each other in re-defining our identities, building self-awareness, strengthening self-esteem, adapting to new roles, and adjusting to life stages. Together, we will identify and work towards our preferred ways of responding to change.

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▶ Sign up with the QR code or link below; we will reach out to schedule a brief phone interview.

▶ 8 Sessions: \$360 prepaid  
Limited to 6-8 participants

▶ Questions? Contact us:  
[mona@avanicounseling.com](mailto:mona@avanicounseling.com)  
[jennifer@avanicounseling.com](mailto:jennifer@avanicounseling.com)

  
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