

Saturday Morning Women's Empowerment Group

January 26—Introduction

February 2—Assertive Communication

February 16—Self Confidence

February 23—Setting Healthy Boundaries Part I

March 2—Setting Healthy Boundaries Part II

March 23—Anger Management

March 30—Relationship with Appearance and Beauty Standards

April 6—Work/Life Balance

April 20—Discovery of Personal Potential

April 27—Review and Closure

10-Session Group

Saturdays, 10:00 am—12:00 noon

Fee: \$30 / session

Facilitated by Jana Henry, M.Ed., LPC-Intern, CCTP

To reserve your spot, call (281) 597-9291

or email jana@innovationscounseling.com

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