

Women's Therapy Group

I am pleased to announce *openings for new members* in an ongoing therapy group for women. The group meets in Wheaton on Monday evenings, and offers a place to grow, belong, and understand yourself better. Transformation and healing can occur in accepting, non-judgmental relationships with others who can relate to our deepest concerns.

WHO: This group is designed for women who struggle with anxiety, depression, low self-esteem, relationship issues, or eating disorders. Often we are not getting all we need in our relationships:

- *struggling to initiate or maintain relationships with others
- *to be ourselves with others---being genuine
- *being able to receive from others, not just to give
- *being able to engage in conflict in a way that doesn't rupture the relationship
- *being able to say yes and no honestly, taking care of ourselves, not just others

WHEN/WHERE: Mondays 8:00-9:30pm, 615 W. Front Street, Wheaton, IL 60187

COST: \$60 per session

CONTACT: Anne Kellstedt Ramirez, LCPC 630-231-5960
or annekellstedtramirez@gmail.com

Anne has led this Monday night group for over 20 years, and we periodically add new members as old members leave. Prospective members or therapists are welcome to contact me for more specific information.

"We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of trust.....Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit."

e.e. cummings