



S·U·N·S·T·O·N·E
COUNSELING



Take Charge and Make Changes A Women's Therapy Group

Do you feel stuck? Do you feel like it's time to take charge of your life? Our lives are always changing. We know that one of the best ways to navigate through changing times is through connecting with others experiencing similar challenges. Drawing upon the support and knowledge of other women and being part of a cohesive group helps us feel empowered and inspired. Change can bring fear, anxiety about the unknown.

This is an opportunity to face those feelings and embrace the new you...maybe even redefine "YOU."

Who: Women wanting to face and overcome life's challenges.

What: An 8 week, psycho-educational and support group.

When: Starting in mid/late October - Wednesday evenings from 6:00-7:30pm

Where: Sunstone Counseling, 124D East Broad St., Falls Church, VA

Why: Develop tools to listen to yourself and better understand how life's stressors impact your mind, body and mood. The group will help you identify attainable goals and understand and overcome what is holding you back from making the changes to become the best version of you.

How: Contact Heidi Ficken Posson, Resident in Counseling, at heidi@sunstonecounselors.com, 703-534-5100 ext. 255 or Leslie Coates Burpee, Resident in Counseling, leslie@sunstonecounselors.com, 703-534-5100 ext. 258

Rate: \$375 for all 8 weeks

124 D E. Broad Street | Falls Church, VA 22046 | p 703.534.5100 | www.sunstonecounselors.com