



## Choices in Action Counselling Services Is offering

# WOMEN OF COURAGE GROUP THERAPY

**What:** This is a personal growth group for Women who want to address issues, both past and present, in a supportive group environment.

**When:** Wednesdays, 3 to 5:00 p.m., starting Oct. 2nd, 2024. This group will run for 12 weeks, every second Wednesday.

**Where:** Online (Zoom).

**Cost:** \$65.00 per group session. Group members will commit to the full 12 sessions. The group is ongoing, allowing those who choose to leave at the end of the 12 sessions to feel a sense of completion, and new participants will be able to join at that time.

**Requirement:** Initial one hour assessment.

**Method of payment:** E-transfer or credit card.

**To register:** Contact Monica Forst by email, [monforst@gmail.com](mailto:monforst@gmail.com) or phone, 613-823-3848.

Covered by most insurance providers.