

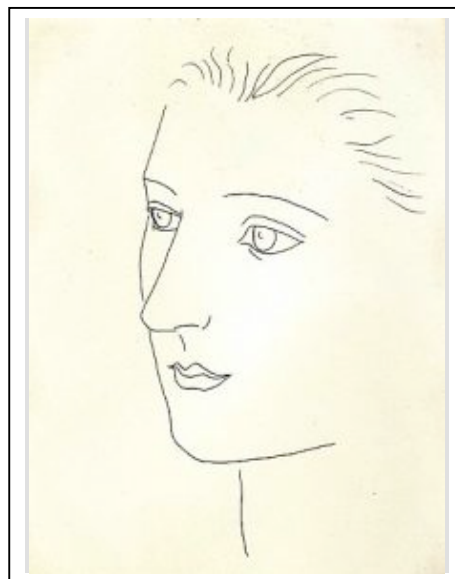
Women's Therapy Group

Personal Growth and Development

Topics Determined by Participants

Themes Might Include:

- Self-Esteem
- Identifying Patterns
- Expressing Feelings
- Assertiveness
- Communication Skills
- Boundaries
- Relationships
- Work/Life Balance
- Confronting Challenges
- Meaning Making
- Cultural Expectations



Pablo Picasso

When: Mondays 6:30 – 8:30 pm or Thursdays 6:00 – 8:00 pm

Where: The Adler Centre, 230- 1818 W. Broadway, Vancouver

Cost: \$20/session (weekly commitment expected)

For more Information or to Register

Please call The Adler Centre at

604-742-1818

or email apabc@adler.bc.ca

www.adlercentre.ca