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Announcements

I. Bi-Monthly Women's Therapy Group

- This group is for adult women, who are currently participating in individual psychotherapy treatment, who wish to share and explore issues related to their personal selves and interpersonal relationships in a supportive environment. We will discuss topics such as relationships with family/friends/significant others, stress, assertiveness, communication, and personal development.
- Goals of group:
 - Empower women to make healthy lifestyle choices.
 - Develop ways of managing stress.
 - Develop effective coping strategies.
 - Share in a supportive environment.

II. Stress Management Group for Women

- This is a structured group for adult women who are currently participating in individual psychotherapy treatment that meets once per month.
- The goals of this group are to learn specific ways to manage stress techniques.

Refreshments will be available prior to meetings.



Facilitated by Barbara Korzun, PsyD NJ License#SI03347

Membership is limited in number and attendees must pre-register.

For more information:

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