

## **WOMEN'S EMPOWERMENT GROUP**

### **A MORE CONFIDENT YOU**

A Twelve Week Self-Improvement Experience

#### **Agenda Includes:**

Introduction/Safety Building	When Loving You Hurts Me
Self-Intimacy – What Is It?	Removing the Victim
Understanding the Power of Our History	Relationships
Steps to Moving Forward	Inside-Out/Body-Esteem
Self-Concept/Self-Esteem	Communication 101
Nurturing Ourselves	Celebrating Me

**Group Therapist:** Deborah Day, M.A., LMHC, NCC,CP  
MH2820

**Start Date:** On-Going

**Time:** Sunday's 7:00-8:35pm

**Fee:** \$50.00 Per Session

**Location:** 2555 Enterprise Road; Ste 2  
Clearwater, FL 33763

**RSVP REQUIRED:** 727-791-7200; EXT. 1 SPACE LIMITED  
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