

Divorced? Gather with other ladies for group therapy

Move Toward Healing (M2H)

Starting May 3, 2016
Tuesdays 5-6:30pm

San Jose Counseling, Inc.
4320 Stevens Creek
Blvd., (behind 4300)
Suite #220 upstairs

info@sanjosecounseling.com

No one wants divorce, really. Ending up in this position may cause you to question everything. Join this group to learn how to emerge wiser, healthier, & kinder to yourself. Do the hard work WITH us to prepare you for the new life you're building. Let's get you moving UP!

Topics:

- overcoming the trauma
- establishing boundaries
- detaching with love & respect
- improving self-care
- understanding what happened



Nancy McClymont, MS, MFTI is experienced working with trauma, addiction, codependency, & divorce. She is leading this group under the supervision of Invia Betjoseph, LMFT

Call or email their admin. Julie to set up a free consultation to determine if this group is right for you. (408)920-1730

Cost: \$250/month or \$700 for 3 months