



WOMEN'S SKILL-BUILDING THERAPY GROUP

MEDITATION, CRAFTS, JOURNALING, AND CONNECTING

IN PERSON

WEDNESDAYS FROM
5:30 PM - 7:30 PM

VIRTUAL (ZOOM)

FRIDAYS FROM
10:00 AM - 12:00 PM

ONGOING SIGN-UP FOR 6 TO 8 WEEKS AT A TIME

INSURANCE: MEDICAID, CIGNA, AETNA, BCBS, UNITED (OR SELF-PAY)

PLEASE CONTACT

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