

...but first, Love yourself



Don't waste any more time finding reasons and excuses of why you should love yourself, how you should love yourself and why it matters that you should.

This women-only group is designed to identify obstacles preventing us from feeling more fulfilled, in turn improving self love, confidence, self acceptance, and courage. You will leave the group with tools to improve self-concept.

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- *Strengths Based Techniques* - *False Scripts* - *Cognitive Behavioral Strategies* - *Creative Visualization Exercises*
- *Mindfulness & Radical Acceptance*

Saturdays: noon- 2:30pm, April 2 – April 30
Cost: \$70 per session, \$350 total
Therapist: Narkia M. Ritchie, LMFT
Contact: 571.982.6724; narkia@narkiaritchie.com

Spaces are limited, RSVP is required. Members must commit to all sessions for group consistency & cohesion.