



Thriving in the Challenge

Virtual Women's Group

with seasoned psychotherapist and life coach Linda Carroll, in a supportive and confidential group of wise and willing women, we will explore the pain and the promise of these times.

Using a mindfulness lens, exploring such issues as friendship, love, silencing the self-critic, forgiveness, fear, loss and finding joy in everyday life.

Eight Sessions, 3-5 pm, PST

May 5 (Tues)

May 12 (Tues)

May 19 (Tues)

May 26 (Tues)

June 2 (Tues)

June 9 (Tues)

June 16 (Tues)

June 23 (Tues)

For questions or registration please contact Linda Carroll at
541.758.4118 or email lindacarroll44@gmail.com

- INSURANCE BILLABLE -

Fee: \$600