



# 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.

*Includes Exploring the Enneagram with Deb Lyman*

Eight Sessions, 3-4:45 pm, PST

Sept 22 (Tues)

Sept 29 (Tues)

Oct 6 (Tues)

Oct 20 (Tues)

Nov 10 (Tues)

Nov 17 (Tues)

Nov 24 (Tues)

Dec 1 (Tues)

For questions or registration please contact Linda Carroll at  
541.758.4118 or email [lindacarroll44@gmail.com](mailto:lindacarroll44@gmail.com)

- INSURANCE BILLABLE -

**Fee: \$600**