



# 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*

Ten Sessions, 3-4:45 pm, PST

Dec 15 (Tues)	Jan 26 (Tues)
Dec 22 (Tues)	Feb 2 (Tues)
Jan 5 (Tues)	Feb 9 (Tues)
Jan 12 (Tues)	Feb 16 (Tues)
Jan 19 (Tues)	Feb 23 (Tues)

**REGISTER TODAY:**

<https://lindaacarroll.com/virtualwg-tuesdays/>

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

- INSURANCE BILLABLE -

**Fee: \$600**