



# Virtual Women's Groups

## Thriving in the Challenge

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

### Tuesday Group

Ten Sessions, 3-4:45pm, PST

Mar 2	May 4
Mar 30	May 11
Apr 6	May 18
Apr 13	May 25
Apr 27	Jun 1

### Wednesday Group

Ten Sessions, 3-4:45pm, PST

Mar 3	May 5
Mar 31	May 12
Apr 7	May 19
Apr 14	May 26
Apr 28	Jun 2

**REGISTER TODAY:**

<https://lindaacarroll.com/WGspring2021>

For questions please contact Linda Carroll at  
541.758.4118 or fax 541.758.3214 or email [lindaacarroll44@gmail.com](mailto:lindaacarroll44@gmail.com)

- INSURANCE BILLABLE -

**Fee: \$600**