



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

Eleven Sessions, 3-4:45 pm, PST

Jul 27 (Tues)	Oct 26 (Tues)
Aug 10 (Tues)	Nov 9 (Tues)
Aug 31 (Tues)	Nov 23 (Tues)
Sept 14 (Tues)	Dec 7 (Tues)
Sept 28 (Tues)	Dec 21 (Tues)
Oct 5 (Tues)	

REGISTER TODAY: <https://conta.cc/3v9NsIT>

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

- INSURANCE BILLABLE -

Fee: \$650