



# 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.

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Ten Sessions, 3-4:45 pm, PST

Jan 25 (Tues)	Mar 29 (Tues)
Feb 1 (Tues)	Apr 12 (Tues)
Feb 15 (Tues)	Apr 26 (Tues)
Mar 1 (Tues)	May 3 (Tues)
Mar 15 (Tues)	May 24 (Tues)

**REGISTER TODAY:**

<https://conta.cc/3pr2nix>

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

- INSURANCE BILLABLE -

**Fee: \$600**