

WOMEN'S RECOVERY GROUP WORKSHOP in Chestnut Hill

Psycho-education group for women with
minimum of one year of **12 step recovery**

Meets weekly for **six weeks**

Tuesdays, Wednesdays, or Fridays, early evening, depending on group availability

Focus on tools and strategies to:

- *Manage Stress and Anxiety*
- *Develop healthier relationships*



\$35 per session, receipt provided for insurance reimbursement.

For details and to assess if this would be a good fit for you:

Call Deborah Owens,

Licensed Professional Counselor, Certified Advanced Alcohol & Drug Counselor

8627 Germantown Ave.

215-802-6521

www.debowens.com