



SUPPORT GROUP

WEDNESDAY'S 7:00 pm- 8:30 pm
December 7, 2022- January 11, 2023

REGISTRATION

Register with QR code or call by
November 30, 2022

Registration includes:
Group participation
Journal
Journal prompts
Tea- local black owned

ANXIETY & SELF CARE

Virtual support group-limited to
10 women participants

6 week pay in full option \$100
Weekly drop in pay \$20

Payment plans available upon request

Joining link will be provided after
registration

CURRICULUM

Week 1 Introductions-Anxiety-
Coping
Week 2 Social Anxieties-Social
Skills
Week 3 Self Esteem- Self
Confidence-Empowerment
Week 4 Self Care-Boundaries
Week 5 Goal Setting
Week 6 In person Completion



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