

# Women's Group

## Stop Surviving, Start Flourishing

- \* **Swirling in the chaos of multiple demands?**
- \* **Losing your grip on ambitions and dreams?**
- \* **Feeling isolated, exhausted or angry?**
- \* **Avoiding feelings, perhaps with alcohol or drugs, instead of taking good care of yourself?**

We'll support each other as we examine where we're at, and where we intend to go, which may mean moderating or stopping drugs or alcohol. We'll learn to cope with emotions, be those from old traumas or current stressors. We'll examine the thoughts and feelings behind our actions, and learn to tolerate the anxiety of choosing, or letting go. We'll learn practical ways to navigate through the distractions, cravings, triggers and pain so we can be successful and empowered. We'll support each other as we work towards a healthier balance in our lives: work, family, self-care including sleep and exercise, friends, sex and healthy boundaries.

Not everyone in this group will have addiction issues, though all these themes come up in early phases of change and are critical in ongoing recovery.

### CONTACT

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### WHERE

Psych Garden

90 Concord Ave, Belmont MA

### WHEN

Tuesdays

6:30pm

Fee: \$75/session