



Women's Therapy & Support Group

A space for connection, reflection, and meaningful change.

For Women Ages 25+

8-10 Week Outpatient Group

Mondays | 6:00-7:30 PM

5-10 Participants

A supportive therapy group for women who are ready to reconnect with themselves, strengthen their relationships, and create more space for what matters.

Together, we'll explore:

- Boundaries & assertiveness
- People-pleasing & perfectionism
- Self-worth & self-criticism
- Anxiety, stress & overwhelm
- Relationships & communication
- Family & friendship challenges
- Comparison & seeking approval
- Identity & life transitions
- Emotional regulation
- Values & living more authentically



**Facilitated by
Kate Keith, LCSW**



There's something meaningful about being in a room with people who are willing to be honest about their own experiences.

Hearing another person put words to something you've felt can help you feel a little less alone. Listening to different perspectives can also help you see your own experiences in new ways.

Group gives you the opportunity to learn from others, practice new ways of communicating, receive support, and notice what comes up for you in relationships—all within a supportive therapeutic setting.

Interested in learning more?

Contact us to learn more about the group and see if it feels like a good fit. Referrals welcome!

267-223-7870

contactcoyotecounseling@gmail.com

