



Women's Group for Spiritual, Emotional & Mental Health

WITH CHERI MILTON, MS, MFT

This will be an educational and therapeutic group for women who want to receive support, connect with other women while learning and developing skills for over-all emotional health and well-being. Some of the topics we will cover are:

- *Identity – Who are we really?*
- *Stages of a woman's life*
- *Vulnerability*
- *Resilience*
- *Boundaries*

When:

Wednesday's 6:00-8:00 p.m.
May 20th– Aug.26th

Where:

The Center for Christian Counseling,
Consultation & Training, Inc.
4868 High Crossing Blvd.
Madison, WI 53704

Cost:

\$100 per session
(You may be able to use insurance)
*Prior registration & initial
assessment is required*

*To Register, turn in this form or
contact the Center at 608-274-8294*

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Madison, WI 53704

christiancounselingmadison.com
608-274-8294

Name: _____

Address: _____

Home Phone: _____

Cell: _____

Would you like to be added to our email list for upcoming events and groups?

Yes

No

Email address: _____