

EMBARK COUNSELING  
SERVICES, LLC

# WOMEN'S GROUP



**TOPICS COVERED:** DEALING WITH FEELING  
OVERWHELMED IN LIFE, LEARNING HOW TO  
ADVOCATE FOR YOURSELF, WORKING  
THROUGH BODY IMAGE/SELF-WORTH ISSUES,  
MAKING FRIENDS AS AN ADULT, GAINING  
SUPPORT

Biweekly Mondays @ 7 PM

@ Our JOCO location!

Ages 18+, Inclusive of anyone who  
identifies as a woman.

TO ENROLL: EMAIL OR CALL  
[INFO@EMBARK-COUNSELING.COM](mailto:INFO@EMBARK-COUNSELING.COM)  
(913)257-3161