



*Today I Resolve to:  
Take Care of Me!*

*Feel empty? Moody? Like no one gets it?  
Not interested in the things you once were?  
Overwhelmed with life? Join us for:*

# **Self-Care Skills** *for Women*

*Reducing Stress, Tackling Anxiety, & Strengthening Boundaries.*

---

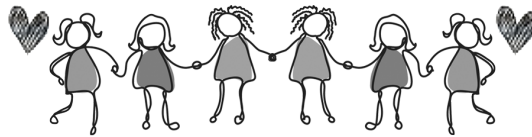
**Tuesday evenings • 6:00 pm to 8:00 pm**

*8 Weeks Starting October 3 (Halloween & Thanksgiving off)*

*at Anchorpoint Counseling Ministry Offices.*

*\$5 per meeting (\$40 total) • Scholarships are available.*

This educational hands-on group for women will nurture encouragement, understanding, laughter, and healing in a safe and confidential setting. Women attending can hope to build practical coping techniques, tools for maintaining healthy boundaries, and supportive relationships to foster growth.



*For more information and to register, contact Mary Griffin at 412-366-1300 ex. 126  
or email [cwimmer@anchorpointcounselingministry.org](mailto:cwimmer@anchorpointcounselingministry.org). Space is Limited.*

---



**Anchorpoint**  
Counseling Ministry

*800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237  
412-366-1300 • [www.anchorpointcounselingministry.org](http://www.anchorpointcounselingministry.org)*

