



**My New Year's Resolution:
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,
and Strengthening Boundaries.*

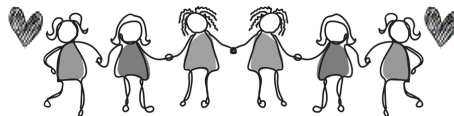
Tuesday evenings • 6:30 pm to 8:30 pm

Starts February 21st (8 weeks)

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.



***Space is Limited. For more information and to register, contact Cassy Wimmer, LSW
at 412-366-1300 ex. 105 or cwimmer@anchorpointcounselingministry.org***



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