

Self-Care In Action



A group of women working together to live more confident, energized, self-aware, and joy-filled lives. Expect to embrace hope, battle insecurity, and confront difficult life problems in a safe and laughter-filled setting. This group is ongoing, as participants choose when they are ready to graduate.

**Join us Monday evenings
6:30pm to 8:30pm**

at Anchorpoint Counseling Ministry Offices.
\$5 per session • Scholarships are available.

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



Anchorpoint
Counseling Ministry
Formerly North Hills Youth Ministry

800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237
412-366-1300 • www.anchorpointcounselingministry.org