

Single...and Fully Whole

Enhancing the single woman's quality of life through mindfulness, emotional attentiveness, and spirituality.

This **open DBT-inspired single women's process group** is for women who seek support, insight, and accountability for their lives from a spiritual perspective. The objective of the group is to empower the single woman with valuable coping mechanisms and a support system for dealing with life's emotional challenges. Members must be generally well functioning. Group is anticipated to **start March 21st and run for 10 sessions**. Intake interviews will be held over the phone to determine whether individuals are a good fit for the group.

Topics of Focus:

- Identifying true self vs. false self
- Practicing mindfulness
- Enhancing interpersonal effectiveness/healthy boundaries
- Balancing freedom and responsibility
- Regulating emotions
- Exercising spiritual maturity
- Accepting and dealing w/ reality as it is in the moment
- Crisis survival strategies
- Practical ways to thrive in "single-hood"

Fee: **\$35 per group session**

Time: **Mondays from 6:30-8:00PM**

Place: **Trillium Springs Counseling**

1640 Powers Ferry Rd.
Building 16, Suite 100
Atlanta, GA 30067

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