

# Women's Group

FRIDAYS 12-12:45



Join us in a safe and judgment-free environment where you can re-discover your own voice as you give and receive support for the many issues that we struggle with as women: self-esteem, depression, identity, relationships, work/life balance, family, health, and so much more.

Compassionate women who are seeking to provide and receive support from other likeminded women are invited to join us for a time of healing, sharing, and empowerment.

Facilitator: Dr. Gladys Smith, LPC, NCC.

Washington University

School of Medicine Counseling  
Services Sexual Offense Advocate  
Services

**STRENGTH**

**COPING WITH  
STRESS**

**RELATIONSHIPS**

**SELF-ESTEEM**

**ANXIETY**

**DEPRESSION**

**WHEN: FRIDAYS**

**TIME: 12- 12:45 PM**

**PLACE: Farrell Center room 201**

**AN OPEN GROUP- ANYONE CAN  
ATTEND THROUGHOUT THE  
GROUP**

**BRING YOUR LUNCH AN OPEN  
DISCUSSION GROUP**

**All are welcome**