

## COMMUNITY MENTAL HEALTH AND SUPPORTIVE SERVICES

IS NOW OFFERING A

# WOMEN'S PROCESS GROUP

IN THIS GROUP YOU WILL HAVE THE OPPORTUNITY TO:

EXPLORE YOUR RELATIONAL STYLE AND PATTERNS

DEEPEN YOUR LEVEL OF SELF-AWARENESS

PRACTICE NEW WAYS OF RELATING TO OTHERS

CULTIVATE EMOTIONAL INTIMACY

This ongoing group will meet weekly on Fridays from 9—10:30am beginning January 2017 and requires a 2-month commitment

NCJW|LA Council House  
543 N. Fairfax Ave. (one block south of Melrose)  
Los Angeles, CA 90036

If interested, please call Sarah Frank-Meltzer, MSW at 323-852-8539