

- Girls, We Can Do This - Together!!

**Summer Support Group for Women
40 and Over**

**Wouldn't you like LIFE to be
BETTER and DIFFERENT and EASIER?**

This group is for you if you want to experience support as you deal with stress, anxiety, worry, feeling overwhelmed, lonely, and depressed or desire a better life plan.

My goal is that you will leave each session having had an encouraging and uplifting experience.

**Group meets 7 times for 1 hour each time
Mondays 7 – 8 pm
First Session Free
At my home office in Federal Way, WA**

Cost:

\$60 pre payment for all sessions

\$15 paid individually

First Meeting FREE

RSVP before attending to get

address and directions

253-941-2124

Schedule

June 21 from 7-8

June 28 from 7-8

July 12 from 7-8

July 26 from 7-8

Aug 9 from 7-8

Aug 16 from 7-8

Aug 30 from 7-8

Roberta Macdonald, MA, MH

www.robortamacdonald.com

robortamacdonald007@gmail.com

253-941-2124

Space is limited. Please RSVP today.

TAKE THE SURVEY BELOW

Girls, We Can Do This - Together!! ~Survey

- Am I stressed? YES NO
- Do I worry too much? YES NO
- Do I have trouble sleeping? YES NO
- Do I take things too personally? YES NO
- Do I want more time for me and less time helping everyone else? YES NO
- Do I need to learn how to say "no"? YES NO
- Do I want more of a social life? YES NO
- Do I get upset at little things? YES NO
- Do I want to be more clear about my direction and goals? YES NO

Total:

If you answered yes on 4 or more you need to join us.

Roberta Macdonald, MA, MH
www.robertamacdonald.com
robertamacdonald007@gmail.com
253-941-2124