

WOMEN IN TRANSITION

An 8-week Christian support group for women going through separation/divorce/break-up



“Be Still and Know that I am God.” – Psalm 46:10

In the midst of loss and change, it can be difficult to feel the ground beneath us. In this workshop, we will learn to lean into God’s presence and His promises and explore techniques for dealing with grief, loneliness, stress, and fear related to this major life transition. Hear one another’s experiences and have the opportunity to give and receive support.

***When: Monday mornings 10:30am—12:00pm
05/04/09—06/29/09***

***Where: Life Enrichment Counseling Center
7230 Heritage Village Plaza, Suite 202
Gainesville, VA 20155
703-754-0636***

Cost: \$50 per session – we accept some insurance

***Facilitated by: Christina Benedi, M.A., LPC
Member, American Counseling Association
& American Association of Christian Counselors***