WOMEN’S RECOVERY GROUP
WORKSHOP in Chestnut Hill

Psycho-education group for women with minimum of one year of **12 step recovery**

Meets weekly for six weeks

Tuesdays, Wednesdays, or Fridays, early evening, depending on group availability

Focus on tools and strategies to:

- **Manage Stress and Anxiety**
- **Develop healthier relationships**

$35 per session, receipt provided for insurance reimbursement.

For details and to assess if this would be a good fit for you:

**Call Deborah Owens,**

Licensed Professional Counselor, Certified Advanced Alcohol & Drug Counselor

8627 Germantown Ave.  **215-802-6521**  www.debowens.com