



Supporting Parents.
Fostering Change.

Do you feel you have focused on meeting the challenges of raising your family at the expense of your own self-fulfillment?

Are you seeking connections with others who can relate to your experience?

Are you ready to discover new ways to make meaningful changes?

Women's Therapy Group

This process-oriented group will incorporate such therapeutic tools as journaling, mindfulness exercises, CBT techniques, and psycho-dramatic activities.

Topics and areas for growth may include: family dynamics, parenting challenges, self-care, problem solving and conflict resolution, managing life transitions, setting healthy boundaries and exploration of coping patterns.

The goals of the group are to promote self-understanding, boost feelings of self-worth, and deepen connections with others.

**Suitable for women in their 30's-50's*

Leaders

Cathi Cohen, LCSW, CGP

Cathi Cohen LCSW, CGP has treated children, adolescents, and adults in a clinical setting since 1984. In 1995, she founded In Step, a private mental health practice with a unique focus on group therapy. As a CGP (certified group psychotherapist), Cathi has a passion belief in the power of group therapy to aid group members in healing and making life changes.

Mary Shuffleton, LPC, MA

Mary Shuffleton, LPC, is thrilled to have worked with parents and children in groups for over 10 years at In Step, and has seen the positive impact of group therapy for so many. She is excited to offer this group experience that specifically focuses on how life events and transitions can provide rich opportunities for growth and wellness.



Contact Us:

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