

Women's Group

1700 17th Street, NW
Suite 203
Washington, DC 20009

Every Wednesday at 8:45 am - 10 am

The purpose of the group is to provide members a safe therapeutic space in which to explore a wide variety of concerns within the broad scope of "relationships." For example, issues members work on have included: relationships with spouse or partner(s), work relationships, parenting/ not parenting, family of origin issues, and current or past trauma. The space is held for members to also explore issues relating to identity (*Who am I? How am I seen by others?*) and role (*What do I want to be doing?*) A safe and supportive environment is maintained, allowing sensitive issues to be explored with honesty.