

## **ABOUT**

A Women's Collective is a supportive space for women navigating life's many transitions — from work and relationships to health, parenting, balance, and everything in between. Together, members will share experiences, foster connection, and engage in open discussion about the challenges women face in daily life. Guided by a licensed therapist, the group not only provides support but also offers practical skills for emotional regulation, boundary-setting, stress management, and healthier relationships. Through connection, insight, and evidencebased tools, participants will learn to cope more effectively, deepen self-awareness, and move toward a healthier, more intentional life.

## **DETAILS**

Who: Women 20-30 years of age

What: A fixed, 6 week group where each member

commits to attending all 6 group sessions

When: Every other Tuesday from 6:30pm-8pm

beginning September 30<sup>th</sup>, 2025

**Where:** In person at Baobab Counseling Center

**Cost:** \$360 total (this includes an initial intake to

determine if the the group is a good fit)

\*Payment can be made weekly or upfront.

## **FACILITATOR**

Raven Jackson, LMSW You can learn more about Raven here



## Register by calling or emailing our office below:

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