Psychotherapy & Healing Associates, Ltd.

(612) 296-3800 • Multiple Twin Cities Locations and Greater Minnesota
www.phawellness.com



PERIMENOPAUSE COPING SKILLS GROUP

Weekly counseling & skills group for those experiencing perimenopause

This group is for:

Those approaching menopause, experiencing physical and/or emotional symptoms and are needing more support & information about journeying through this transformative period of life.

Menopause is a natural part of the lifespan that effects how we experience ourselves. Our bodies' hormonal balance and cycles are changing, our emotional life may be disrupted, and sometimes there may be no notable changes other than an unpredictable menstrual cycle.

Regardless of how you experience peri-/menopause, you deserve to learn more about how your body is changing, how to cope with these changes, and what personal opportunities and potential life transformation this process may bring you.

THIS IS MORE THAN A SUPPORT GROUP. WE WILL:

- Gain information about how peri-/menopause effects our minds & bodies.
- Confirm & validate common symptoms.
- Learn how our symptoms effect our mental health.
- Increase skills to cope more comfortably.
- Identify "emotional triggers."
- Receive information about best practices & alternative treatment strategies.
- Explore what life changes are possible as you transition into a new period of your life.

Call, Email or Scan the QR code to register:

info@phawellness.com (612) 296-3800

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