

Do you struggle with

- *self esteem?*
- *mood swings?*
- *toxic relationships?*
- *self-defeating behaviors?*

Would you like to talk with other women who are experiencing the same thing?

Wise Women

Intuitive Women in a Challenging World

We learn best by experience right? Wise Women is an **experiential** Dialectical Behavior Therapy group. This is a group that is designed to allow women to come together and support each other while **experiencing** the valuable skills needed to build a life worth living and not just surviving. In this group, you can expect to:

- learn and master skills of mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness
- experience a profound connection with other women who are dealing with the same struggles that you are.
- learn to balance meeting your own needs and meeting the needs of others



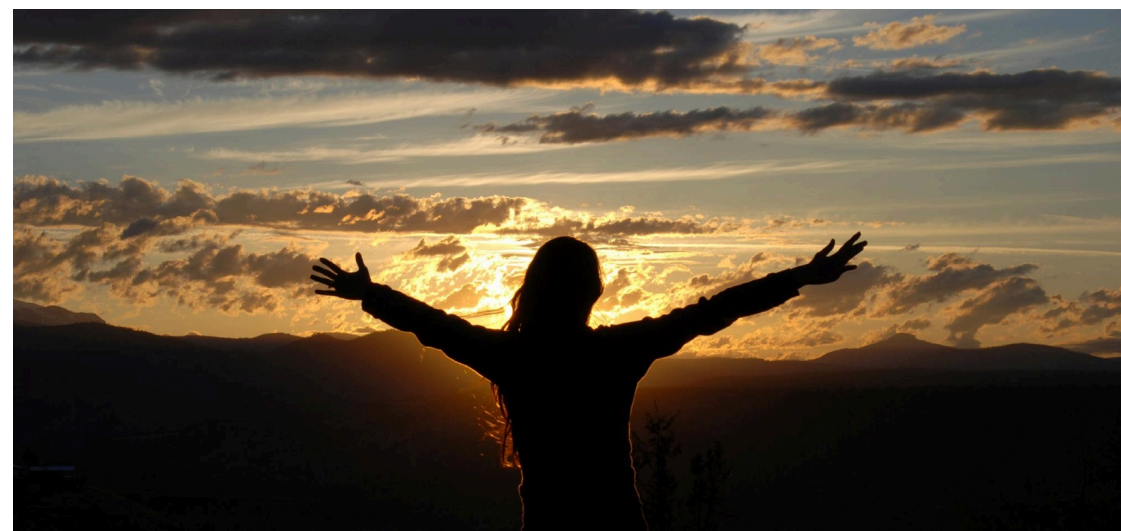
Alison Hanson, ACMHC

Group Facilitators:

Dr. Stephanie Voigt and Alison Hanson, ACMHC have extensive experience in Dialectical Behavior Therapy, experiential therapy and women's issues. Stephanie and Alison are both down to earth and easy to talk to. They bring the evidence-based skills of DBT to you in a way that you will grasp them and make them your own. Find out more about Alison and Stephanie at www.realcaring.org



Dr. Stephanie Voigt, Psy.D



Register now!
801-853-8744



Mondays
5:30 - 7:00 PM

Wednesdays
12:00 - 1:30 PM

Location:

Real Caring Integrative Therapy
Professional Plaza
535 East 4500 South #D280
Salt Lake City, Utah 84107

Info and Registration

Groups are \$30 each week or \$100 for 4 weeks. For registration or more information, please call us at 801-853-8744. You may also email Stephanie at stephanie@realcaring.org.

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