

For 20-somethings

Women's Support Group

Build your support network.

Decrease isolation & loneliness.

Feel better about yourself and where you are in life.

For many of us, our fast paced world makes it increasingly hard to slow down and connect with others, leaving us feeling lonely and isolated. Being 20-something is a time of major transition that can feel overwhelming for many. Learning how to balance work and social life, dating and relationships, forming adult relationships with our parents, and figuring out what's important to us, are some of the things we'll discuss. This new bi-weekly support group is designed for women in their 20's who would like to grow their support network, feel more connected and feel more positive about themselves and where they are in life.

Lisa Reichstein, LICSW, is a licensed clinical social worker, with a private practice on the East Side of Providence. Her specialty is helping singles and women in relationships improve their self-esteem and break free of negative patterns, stuck places and deal with life transitions. Often described as warm and wise, Lisa, will facilitate the group's process.



WHEN
Alternating Thursday Evenings

WHERE
255 Hope St, Providence

COST
Insurance Copay
(Blue Cross, Harvard Pilgrim, United)
or \$45 per 75-minute session

CONTACT
For information call:
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