

Free Lunchtime Support Group For Women



- Who:** Women of All Ages
- What:** Support Group for Women
- When:** Mondays 12:00 - 1:00pm
- Where:** 9300 Forest Point Circle, Manassas
- Why:** To Discuss Women's Issues
- Cost:** Free! Bring your own lunch

Deborah Shugars, Licensed Clinical Social Worker of Able Counseling Services is hosting a women's support group to discuss women's issues. This is not therapy but a format for your voice to be heard and to bring up questions for discussion and debate. Possible topics: empowerment, boundary issues, relationship problems, assertiveness training, co-dependency, discipline problems, aging parents, issues with adult children, grandparent issues. Deborah Shugars, LCSW will be in the group to help facilitate discussions. **All sessions are free.**

Sorry no day care is available for children-so adults only please.

Deborah Shugars, LCSW
Able Counseling Services, LLC
9300 Forest Point Circle
Manassas, VA 20110
703-405-8915

dshugars@counselingmanassas.com
www.counselingmanassas.com