

# Embarking on a New Way of Living: *Women's Coping Skills Group*

The Women's Coping Skills group is designed for women beginning the psychotherapy process. The purpose of this group is to introduce women to the purpose and dynamics of the psychotherapy process. This group is also designed to provide the opportunity to learn and practice coping skills which are necessary to effectively manage daily stressors, emotional upset and interpersonal relationships.

The Women's Coping Skills Group is an excellent first step in the therapy process and can also serve as an adjunctive treatment to individual therapy.



## **Women's Coping Skills Group**

**Date: Thursdays**

**Time: 7:00-8:00pm**

**Group Leader: Robbi Crain, Psy.D.**

**Cost: Determined on a sliding scale**

**This group is time limited –  
consisting of approximately 12  
sessions.**

**Medicaid and most other insurance  
is accepted.**

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If you are interested in participating in the group please contact

The Julian Center Counseling Center  
2011 N Meridian St  
Indianapolis IN 46202