

# Women's Group



## About us:

This is a group for like-minded women who are looking to build a healthy relationship with their anxiety in order to lead a satisfying, fulfilling life.

## Topics Covered:

Boundaries, Self-esteem, Perfectionism, People pleasing, Work-life Balance, Relationships, Intergenerational Patterns, societal expectations, etc.

## When do we meet:

We meet virtually, every other week  
Wednesday 6-7p.m., \$25  
Or  
Thursday 6:30-8:00 p.m, \$35

## About Chelsea:

Groups are lead by Chelsea McDonald, who is a trauma-informed somatic psychotherapist. She is certified in EMDR and trained in Brainspotting and Parts Work

## Contact Info:

Transformational Healing Houston

832-713-6830

Chelsea@TransformationalHealingHouston.com

[www.TransformationalHealingHouston.com](http://www.TransformationalHealingHouston.com)