



Join a...

# Growth Group

Growth groups aim at improving the quality of your life and your relationships in a caring and supportive environment.

**Topics include:**

Understanding your emotions and struggles, self-care, relationships, sexuality, thinking positively ...

**6 sessions 1.5 hrs each**

**When:** On Wednesdays, starting Wed. Nov.15<sup>th</sup> (until Dec. 20<sup>th</sup>)

**Time:** 7:00pm-8:30pm **Cost:** \$60 (one time fee)

**Where:** The Healing Garden:1104 Fernlea Sideroad, Tillsonburg, ON, N4G-4G7

**This is a closed group and only certain individuals will be selected. Please call for your personal interview. (519) 409-0196 or (519) 550-0295**



**Facilitated by:** Esmeralda Carvalho

Esmeralda has had extensive experience in the delivery of workshops in the mental health field. She has a BA from the University of Toronto and is currently completing a Master in Counselling Psychology through Yorkville University.