

EXPLORING THE SELF AND RELATIONSHIPS

New Therapy Group
Beginning January 2024



Brattleboro Retreat

Do you...

- ✓ Find it difficult to connect post-COVID?
- ✓ Seek greater insight and self-awareness?
- ✓ Wish you could stop repeating the same patterns over and over?
- ✓ Desire more intimacy and better communication in your relationships?

Participate in a powerful group to develop meaningful connection with others, give and receive feedback, reveal oneself, and examine the hidden and unconscious aspects of your feelings, behaviors, and motivations.



12 sessions beginning Jan. 2024
Tuesdays 1:30-3:00 PM
In person at the Brattleboro Retreat

Offered by the
Anna Marsh Clinic

To express interest, email:
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By Dec. 15, 2023