



Calm Clear and Connected

860 Pacific Street, Suite 101

San Luis Obispo, CA 93401

805 544-2273

www.CalmClearAndConnected.com

Women's Group

Wednesdays in Atascadero

Come and join us! We'll save a seat for you. We discuss and explore our adult and childhood relationships, our families, parenting, war, working out, nutrition, the brain, assertiveness, trauma and neglect, limits and boundaries, love and affection, violence, PTSD, alcohol and other substances, depression, anxiety, porn, anger management, and power and control, for example.

We talk about anything we want in our quest to make change sustainable. The goal is a calm body, clear mind, and a feeling of healthy connection to our selves and others.

A meeting with Julie is required before joining group.

She has more than 20 years experience as a therapist and more than 12 years experience facilitating groups. She makes these groups fun by using role-play, group discussion, sharing information, and facilitating interaction among group members.

Please call Julie at 544-2273 – she'll set aside 10 minutes or so for you, for free, to tell you more about the groups and help you decide if individual or group is the better choice for you.

The Men's Group meets in San Luis Obispo, 2nd & 4th Tuesday's.

If you are a Veteran or are in any branch of military service, you may be able to join a group at even lower cost, or for free.