

Support group for English speaking women - age 25-45

Women supporting Women in transition

6 Friday evenings in a confidential group - start October 20, 2017

Cost free - 100% sponsored by AOK



Are you in any of the following situations:

- Living in a new environment*
- Starting or changing a relationship*
- New in Berlin*
- Be in transition*
- Between jobs*

and want to address some of the related issues you have, then this group might be for you. If you feel doubtful, are lacking personal support or relationships, feel isolated, anxious or feeling stuck, then this might be a valuable opportunity for you.

We discuss and explore the issues in a confidential and secure environment over the course of 6 evenings, where we support each other. We provide a room for sharing issues, concerns, and ideas. You have the possibility to meet your peers, make meaningful connections and gain new perspectives to your situation.

We want to you to:

- feel stronger and inspired*
- be more content and no longer feel alone with your situation*
- be supported to address your issues more effectively*
- learn a few things about yourself and explore some new ideas*

Come join us! Please contact me via email at:

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