

Intakes Now Open For:

Women's Group Therapy



Connection, Growth, Empowerment

Join us for a supportive and inspiring space created just for women. Our group meets once a month to explore meaningful topics that matter most—relationships, boundaries, self-care, confidence, stress, family dynamics, and more. Each session offers a safe place to share, learn, and connect with others who “get it.”

Whether you're looking for personal insight, encouragement, or simply a community of women who understand, this group is designed to leave you feeling empowered, supported, and not alone in your journey.

Come as you are. Grow at your own pace. Leave feeling lighter.

\$80 per session



9:00 am - 10:30 am
Sept 27, Oct 25, Nov 29, Jan 31,
Feb 28, Mar 28
(Last Saturday of The Month)

Hosted by:

Allison Young, C.C.C. &
Jennifer Erickson, MCPP - Provisional

1-888-622-8350

general@supportingwellness.com
226 Laura Avenue, Red Deer, AB Unit 136