

# I AM WORTH.

## WOMEN'S THERAPY GROUP

**TUESDAYS**

**6 PM TO 8 PM**  
**WOMEN 18 & UP**

**\$80 PER SESSION**

**LOCATION:**

**2801 REGAL ROAD SUITE 104C**  
**PLANO, TX 75075**

The emotional discomfort from the shame, the anger, and the fear of life's disappointments and unfulfilled expectations can impact you in many ways. The insecurity within self and your personal relationships can create detachment from self and others. The lack of confidence that anyone or anything will meet your needs increases. To cope with this discomfort, you may use people, substances, things, chaos, and risky experiences to manage the uncomfortable feelings of emotional pain and disappointing relationships.

I understand and you are not alone. Group therapy offers you a sense shared experience and meaning with other women who share your dilemma. Through cognitive, dialectical, boundary and attachment skills building that ignites empowerment, interpersonal strength, self compassion, and increased vulnerability - "I am worth." becomes your anthem.

**Call Me Today to set up an appointment for assessment to join the group.**

**Ruby B Johnson**

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