

## **A Family Counseling and Wellness Center**

### **Description:**

We have 8 years experience working with women, couples, families and children. Our goal as an organization is to empower individuals to identify and attain goals by learning to appreciate unique qualities and inner strength. We currently run Women's Support Groups which focus on; self-esteem, assertiveness, anger-management and survivors of domestic violence. Other group topics include Marriage Enrichment using the Enrich/Prepare program, ADHD Couples groups, Children and Adolescent groups. We also provide workshops on journaling/creativity and story circle groups geared at enriching and developing inner strength and spirituality. For more information please view our website at [www.afamilycounselor.com](http://www.afamilycounselor.com)

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