



ALPHA OMEGA  
CLINIC



## WOMEN'S GROUP FOR ANXIETY & STRESS REDUCTION

**January 12<sup>th</sup>, 2022 to  
March 30<sup>th</sup>, 2022**

**This 12-week virtual group for women  
will address topics including:**

1. Recognizing burnout and reducing stress
2. Learning authentic self-care
3. Applying therapy tools to your prayer life
4. Creating an action plan for when motivation runs out

The group is limited to 8 members and will meet for 1 hour and 15 min weekly.

**FACILITATOR:**

Maggie Maxwell, M.A.

**COST:**

\$50 prescreen & \$85 per session.  
12 week commitment.

**WHEN:**

Wednesdays 7:15pm-8:30pm

**WHERE:**

Online via Zoom

If interested, please call **301-767-1733** ext 0.