

Who knew - therapy is better for you than money!?
(and may help you earn more)

Groups are cited as effective & affordable:

A recent study of people more stressed than ever - with less money for health supporting activities - showed that a raise in pay did not make them happier.

Those who attended 12 group sessions reported significantly more happiness and success.

***THRIVE* women's group seeks new members!**

MEET EVERY OTHER TUESDAY 6 - 8 p.m., Napa
Members must commit to **12 group meetings** and confidentiality
\$420 - Pay in advance for the entire series - \$385
Includes private assessment session prior to joining (required)
Credit cards/payment plans/sliding scale arrangements

THRIVE is a group of women, gay & straight, married & single, ages 30-70, in many vocations. They welcome you to join them and

Learn to have the relationships & success you want & deserve

**gain knowledge & skills*

** share and support*

**create positive energy*

**practice mindfulness*

**build strength & confidence*

You, too, can thrive, not just survive!



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