

Women's Self Care Group

Our weekly group for women in Nyack, will focus on helping you prioritize your well-being amidst the chaos of everyday life. This supportive group is a safe place where you can connect, share and explore the essential practices of self care, self advocacy and resilience in a nurturing environment.

Join us on this empowering journey towards healing and self acceptance, rediscover the joy of taking care of you!



For more information, please contact tory@bodhitreemhc.com

Tory Jones is a mental health counselor with Bodhi Tree Mental Health Counseling. She has led educational talks and lectures on the topic of self-care and advocates for the importance of building and maintaining resiliency in daily life.



<http://www.bodhitreemhc.com>