

# Women's Self-Care Group



Join us in our weekly Nyack group for women seeking to prioritize their well-being amidst the chaos of everyday life. This supportive group is a safe space where you can connect, share, and explore the essential practices of self-care, self-advocacy and resiliency in a nurturing environment.

This group explores the importance of community by allowing women to bond over their shared experiences and learn from one another's journeys while learning to prioritize their own.

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

**For more information, please contact [tory@bodhitreemhc.com](mailto:tory@bodhitreemhc.com)**

