



**Join us in a safe and judgment-free environment where you can re-discover your own voice as you give and receive support for the many issues that we struggle with as women: self-esteem, depression, identity, relationships, work/life balance, family, health, and so much more.**

**Compassionate women who are seeking to provide and receive support from other likeminded women are invited to join us for a time of healing, sharing, and empowerment.**

**Facilitators: Cathy Minter, MFT Intern & Katherine Abdelkerim, MFT Trainee**

**Supervised By: Dr. Antonia Noble Ludwig, LMFT  
#MFC30688**

**California Lutheran**  
UNIVERSITY

**STRENGTH**

**COPING WITH  
STRESS**

**RELATIONSHIPS**

**SELF-ESTEEM**

**ANXIETY**

**DEPRESSION**

**WHEN: AUGUST 31, 2016**

**TIME: 7:15-8:45 PM**

**PRICE: \$10 per session  
Community Counseling  
Center**

**805-493-3390**

**31416 Agoura Rd. #115,  
Westlake Village  
CLUcounseling.org**