ALLISON HURWITZ ASSOCIATES COUNSELING AND ART THERAPY

is pleased to offer:

**Navigating the Choppy Waters of Transition: A Women's Art Therapy Group**

Led by Barbara Bleicher Atwood, MA, ATR, LAC

**\*\*5 Week Group: Wednesdays 12:30-1:45 PM\*\***

**January 27th through February 24th,**

**20 Nassau Street, Suite 412, Princeton, NJ 08542**

***The cost for this 5 session group is $200, including art materials.***

* We all go through many changes in our lives. While some changes we plan for and welcome, others are foisted upon us unexpectedly and against our wishes. Sometimes we want to make changes in our lives but aren't sure how or where to begin.
* Whatever the circumstances, navigating the unknown territory of change can be difficult and disorienting, presenting us with unfamiliar problems and demanding we respond in new ways.
* Join with other women in a supportive environment as we explore, problem-solve and learn to successfully manage challenging life transitions.

*No artistic skill or experience is needed. All are welcome!*

**For more info, please contact Barbara at: (732) 907-7278 brbatwood@gmail.com**