

Summit Emotional Health is Proud to Offer a **Women's Group**

Are you a woman over 30 feeling the weight of life's expectations?

You're not alone and you do not have to carry it all by yourself !

Join our Women's Group, a supportive and empowering space created for women navigating the unique challenges of today's world. Together, we'll explore the pressure to manage everything effortlessly while still showing up for others—and ourselves.

This group offers a safe, confidential space at the Summit office where you can speak freely, express your true feelings, and connect with other women who understand what you're going through. It's an opportunity to let go of unrealistic expectations and focus on what you need. Come as you are. Let's support each other through the journey.

Who: Women, ages 30 and older, who are open to discussing life's stressors.

- Interested participants who are not current clients at Summit will need to complete a free 15-30 minute intake session with Michele.

When: Thursdays 6:00pm – 7:30pm | Beginning October 2nd, 2025 - Spring 2026

Rolling Admission (*Holidays excluded*)

Cost: \$75 per session due at the time services are provided.

Group Facilitator: Michele Primavera, PhD

- See Dr. Primavera's biography at www.summit-eh.com

For questions or to register, please contact: frontdesk@summit-eh.com

