

# Cultivating Resilience in the Face of Life Challenges: A 6 session therapy and support group for women

Led and facilitated by Lisa Iverson, MA, LMHCA  
Educator, Certified Coach and MA in Counseling Psychology



Are you challenged with the inevitable changes that life presents?

Overwhelmed by loss of control?  
Shocked by changes you didn't envision?  
Experiencing loss of identity and purpose?  
Struggling with loss of a job or career?  
Upset by uncertainty?  
Dealing with divorce or separation?  
Challenged by grief and loss?

Learn skills, attitudes and practices that  
develop greater resilience  
Learn to more gracefully ride the waves of life challenges  
In collaboration with and support from other women

6 weeks  
\$125 for the series  
Beginning January 2014  
Exact dates and times to be determined by the group  
(Days, evenings, and weekend times available)

 Lisa Iverson, M.A.

For more information: Call (360)-790-2273 ~ or email [lisa@lisaverson.net](mailto:lisa@lisaverson.net)  
Interested in individual counseling sessions? Contact Lisa [www.lisaiverson.net](http://www.lisaiverson.net)