



### ***Women's Process Group***

Through this process-oriented experience, group members explore ways in which they relate to other participants, thus gaining an understanding of themselves as well as how they interact with others in their lives.

This group will be active and ongoing, ***beginning September 21, 2009***

Facilitated by *Chevette S. Alston, M.Ed., NCC, LPC, ABD*

Meetings are to be held ***Monday nights, 7:00 p.m. to 8:00 p.m.***

Christian Psychotherapy Services  
281 Independence Blvd, Suite 326  
Virginia Beach, VA 23462

For more information or to discuss joining the group, please call  
(757) 490-0377, x340

