

WOMEN OF COURAGE

A SAFE PLACE FOR WOMEN TO DISCUSS DIFFICULT MENTAL HEALTH TOPICS BY CREATING THE TOOLS OF COURAGE TO IMPLEMENT POSITIVE CHANGE IN THEIR LIVES AND FAITH.

START DATE: MAY 7TH, 2025

GROUP LEADER:

GLOSHYLA CROMARTIE
LMSW

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DETAILS

ADDRESS:

1268 MAIN STREET,
NEWINGTON, CT 06111

DAY & TIME:

WEDNESDAY'S FROM
7:00PM-8:30PM

AGES:

25 AND UP (EXCEPTIONS
CAN BE MADE)

SUPPLIES:

JOURNAL & NOTEBOOK

SUPPORT FOR:

- ANXIETY
- DEPRESSION
- ANGER
- ADDICTION
- FAITH
- FEMALE ISSUES

10 WEEK CURRICULUM/BREAKDOWN:

WEEK 1: UNDERSTANDING MY VALUE & PURPOSE

WEEK 2: FREEDOM FROM NEGATIVE THOUGHTS

Week 3: BREAKING FREE FROM UNREALISTIC EXPECTATIONS & PEOPLE PLEASING

WEEK 4: OVERCOMING MY FEARS

WEEK 5: HOW DO I BALANCE IT ALL? AVOIDING BURNOUT AND EMOTIONAL EXHAUSTION

WEEK 6: TRUSTING THE PROCESS & LETTING GO OF THE NEED TO BE IN CONTROL

WEEK 7: TRANSFORMING FROM THE PRINCESS MINDSET TO THE QUEEN MINDSET

WEEK 8: SETTING HEALTHY BOUNDARIES IN RELATIONSHIPS

WEEK 9: THE IMPORTANCE OF SELF CARE

WEEK 10: RECAP & GROUP DISCUSSION