



Supportive Therapy Group for Helping Professionals

Helping professionals face unique stressors and issues. This group is for all helping professionals (nurses, therapists, doctors, child advocates, etc.). This is an opportunity to help you cope with the unique stressors of providing support to others on a daily basis, as well as dealing with difficult clients and co-workers. We will discuss specific strategies for self-care and how to utilize both professional and natural supports.

HELPING PROFESSIONALS NEED THEIR OWN SUPPORT

This group is designed to:

- Help you develop strategies for dealing with the stress of always being someone else's support.
- Help you deal with balancing work and family responsibilities.
- Help you develop improved time management and self-care in your life.
- Help you develop improved communication and other relationship skills.
- Give you an open forum to gain insight, information, and support.
- Give you a safe, neutral, non-judging space to share your feelings, thoughts, and concerns.

**Through a combination of skill building strategies,
we will help you develop a personal plan for success.**

When: Once a month on Fridays, from 12:00-1:15pm – open enrollment

Where: Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)

Cost: \$45.00 (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

**To Register: Download a registration form from our website; Call 572-0000;
or email officemanager@lepageassociates.com**

Space is limited so register now to reserve a spot!

www.lepageassociates.com