



## **Heart Strings: A Personal Growth Group for Women**

**Facilitator: Rosemary Lake-Liotta, L.C.S.W.**

Are you a nurturer who could use some nurturing?

Are you a busy professional who has little time for herself?

Would you like to make some new friends who understand?

**Join a Heart Strings Group Now.**

Heart Strings groups are small educational and personal growth groups for women. The purpose of the groups is to provide confidential support and nurturing in a comfortable, private setting. The groups are small allowing for ample time to share personal concerns and joys. It is a wonderful way to meet new friends and gain support for personal growth in this busy world.

Heart Strings groups are not psychotherapy or counseling. These groups are not intended to replace individual psychotherapy or medical treatment. This is a support and educational group targeted at personal growth. Some of the educational component includes stress management and tools for effective living.

Group topics are chosen by the group members. Each group is unique and relevant to the members participating in that particular group. Lasting bonds can be formed. Members share openly and honestly to the extent that they are comfortable during group sessions.

The groups meet weekly for six weeks. The cost is 25 dollars per group session. Groups meet in Malone and Saranac Lake, New York.

**Call Rosemary Lake-Liotta  
at 518-891-0924 or 518-483-0958  
for more information or to sign up now.**

