

The Perfectionist's Guide to Losing Control

We've been looking at perfectionism all wrong.

A structured group for the women looking to challenge the way they look at perfectionism, and the way they look at themselves.

6-WEEK GROUP BEGINS 1/16/23

Tuesdays 12-1:30pm

SPACE IS LIMITED!

\$40 per group or \$220 for all 6
all materials included

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FOR EVALUATION AND TREATMENT

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