

Thrive Through Transition

Coping with Perimenopause and Menopause



WHO: Ages 40- 60

**WHEN: Wednesdays 530-7pm
January 15- March 12**

**WHERE: Flagstaff Counseling Center
408 N Kendrick St #4**

HOW MUCH: \$250 due by January 5th

Join us as we explore the menopause transition as both a meaningful period of growth and a time that can bring stress, uncertainty, and loss. Through education on the change process and evidence-informed therapeutic strategies, participants will engage in supportive discussion and guided creative exercises. This group offers a safe environment to build coping skills, access helpful resources, and develop new ways of approaching this life stage.



Menopause is an opportunity to create the life you want, not the life you think you're supposed to have. ~ Joan Boresenko, MD



CONTACT TO SAVE YOUR SPOT

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