

Women Empowering Women:

A Support Group For Professional Women

Women are frequently enduring constant measures personally and professionally to feel empowered when confined to social policies and procedures of our environments and workplaces. Supporting and promoting women with equality and fairness historically has impacted women across the nation. As women continue to see a rise of changes with breaking glass ceilings, there are continued areas that we must address to value oneself, take risks, and discover how to develop the inherent strengths we all possess. To do this, we must connect with women interested in being inspired to be strong, smart, and bold. This empowering support group will:

Learn about and reflect upon historical events, social structures, and how they impact modern day beliefs.

Reflect upon our own identities, biases, and privileges.

Discuss ways in which our own beliefs compare to modern day beliefs.

Develop ways to integrate feeling empowered into our everyday lives and the work we aspire.



Cost and How to Register:

To obtain full access to ongoing bi-weekly groups, membership is \$4 per month. Drop-in groups will cost \$20 per group. To register for group, send an email to crystal@positiveassist.com with your interest and a good contact phone number.



Crystal Deichert, LPC, offers a full suite of counseling and holistic services for those wishing to move forward in their lives. Over the last 10+ years, she has worked with clients from 3 to 92 years old by providing individual, family, couples, and group therapy. Clients appreciate her unique intuitive ability to clearly connect with them to identify issues blocking growth and happiness. This leads to them having an increase in confidence, achieving higher goals, and feeling empowered to live the life they were meant to live.

Don't Wait For Opportunity

Dominga C. Martinez, LCSW, has a broad range of practice experience, including direct care with children, adults, and families experiencing mental illness, clinical assessments and trauma support for families recovering from crisis and life stressors, case management with mentoring and families working with social services, supporting and advocating for cultural communities, and 10 years of experience in providing therapeutic services to children, adolescents and their families.

