

Fall 2008 Support Groups

WHW Support Groups provide women the opportunity to share feelings and experiences, offer support and encouragement to one another, and explore options and choices for change in a safe environment. Support Group Facilitators are trained and supervised by a licensed professional.

Support Group Fee: \$10.00
Per weekly session
Call WHW at 732/549-6000 to sign up.

New Mothers

For women facing the many challenges of being a new mom
Details to be announced

Prime Time/Older Women's Group

Focusing on the needs of women 60+
Thursday 10-11am

Now Accepting Registration Fall Session

SUPPORT GROUPS Starting September 2008

Grief/Bereavement

For anyone who has suffered the loss of a loved one
Monday 1-2:30pm

Self Esteem

General Issues, relationships,
Co-dependence
Thursday 7-8:30pm

Coping With Separation & Divorce

For women separated and/or in the process of a divorce
Wednesday 7-8:30pm
Thursday 10-11am

Additional Programs Starting This Fall

"Chimera"

Self-Defense
For Women
6 Week Course
Tuesday 7-9pm
Fee: \$150

Meditation

Stress Reduction Through
Focused Awareness
Powerful tools to direct the focus of your mind to become an active participant in your health and well-being.

Call for details

"Adoption Healing"

This group will deal with the feelings of being surrendered for adoption and the effects for mothers who gave their children up for adoption.

Call for details

**For More Information and Registration Call
732-549-6000**