



Women's Therapy Group
offered by
Regina Brody, LCSW and Renee Mahin, LCSW

In the 21st century, women's roles are complex, dynamic and fluid. The goal of this group is to help women effectively deal with:

- ***Relationships***
- ***Transitions***
- ***Grief and Loss***
- ***Stress in the work place or personal life***
- ***Codependency issues***
- ***Achieving a work life balance***
- ***Compassion toward self and others***

The group meets weekly and has a maximum of 8 women. Each participant will be asked to make a minimum commitment of 6 months. The group is open ended with a process oriented and mindfulness approach. Regina's And Renee's intention is to provide a safe, nurturing environment in which to build trust, and to facilitate women at different ages and stage of development to support, encourage and challenge each other in achieving continued growth, self awareness, confidence, and compassion

When: Weekly, Mondays, 6:30-9 pm, beginning winter, 2015

Where: 1962 NW Kearney, Suite 204, Portland 97209

Cost: \$40/session

Contact us: For more information or to schedule an intake interview,
call Renee Mahin 503-331-0338 at or Regina Brody at 503-313-8801

Group Leaders:

Regina Brody, LCSW: Regina opened her private practice in Portland in 1985 after working in residential, hospital and day treatment centers with emotionally disturbed children and their families as well as in special needs and adoption. Her specialties include women's issues, couples therapy, grief and loss, transitions, codependency, and work related stress. She has utilized her background in Solution Focused Therapy and Mindfulness practices to help adults, couples, families, and children set and achieve their goals in therapy.

Renee Mahin, LCSW: Renee has maintained a private practice since 1995. She has counseled parents of emotionally and behaviorally disturbed children and adolescents in various treatment and school setting for over 30 years. In these practice settings she uses a solution focused approach to guide women facing transition and challenges in relationships including divorce and separation, grief and loss, couple and family conflicts, and parenting challenges.