



## **RECLAIMING YOUR INNER BEAUTY: A SELF-DISCOVERY JOURNEY**

As women living in today's world, we may struggle with many issues...stress, low self-esteem, depression, anxiety, anger, codependency, communication concerns, relationship problems...

There is help, hope, and support available. **RECLAIMING YOUR INNER BEAUTY: A SELF-DISCOVERY JOURNEY** is a unique women's group offered through Blue Water Counseling. This 8-week group will be divided into two 4-week sessions, beginning Saturday, November 21, 2009 from 10 to 11:15 AM at Blue Water Counseling's Rochester Hills office. We will begin with an introductory session followed by 7 additional sessions where we will **EXPLORE** the following areas:

**PART ONE:** (November 21, November 28, December 5, and December 12)

**INTRODUCTORY SESSION** - Identify and explore common issues as well as those areas that are unique to women living in today's world.

**ENHANCE** Self-Esteem

**(E)XPLORE** Patterns of Thought, Feeling, and Behavior

**PURSUE** Healthy, Positive Goals

**PART TWO:** (Dates to be scheduled for 2010)

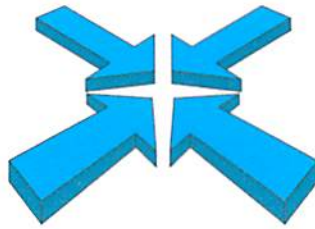
**LEARN** Assertive and Effective Communication Skills

**OVERCOME** Obstacles That Block Happiness

**REALIZE** Our Unique Potential As Women

**EMBARK** On Our Continued Journey

This group is facilitated by Jeanine M. Jones, LMSW. Please call us today at 1-800-292-1288, ext. 146 for more information.



## **THERAPY GROUPS FOR EATING DISORDERS NOW FORMING**

BLUE WATER COUNSELING is pleased to announce that eating disorder therapy groups are now forming at our Rochester Hills clinic. We are here to assist people from the Rochester and surrounding communities who struggle with eating issues and may suffer from bulimia or anorexia nervosa.

**WHERE:** Blue Water Counseling  
1349 S Rochester Road, Suite 220  
Rochester Hills, MI 48307

**WHEN:** Thursday evenings; specific time TBA

**WHO:** Teenagers (13+) and adults (18+) will form separate groups; prescreening interview with facilitator is necessary

**WHAT:** Groups are both educational and process-oriented.

**FACILITATOR:** Mila Velinova, PsyD, LLP, clinical psychologist

**ADDITIONAL INFORMATION:** To obtain, please call Dr. Velinova at (800) 292-1288, Ext. 128

