

## **Increasing Intimacy Process Group for Women**



Help reignite passion, connection, communication, and desire between you and your partners.

This group is a place for women to explore relationship challenges and strengths.

- Do you want to gain and maintain more intimacy?
- What messages have you received about sexual functioning as it relates to sexual intimacy?
- The group facilitator is a sex therapist and sexual health educator, and is trained in attachment theory and mindfulness.

**Saturdays 3:30pm-5:00pm**  
**\$50/session (minimum 4-week commitment)**

For more information or to sign up, please contact:  
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