



Stacy Notaras Murphy, LPC
relationship therapy for individuals and couples

Adjustment Group for Female College Students

10 Wednesdays this fall

1 pm-2:30pm

Are you struggling with friendships at college?

Do you feel worried about keeping up with classes and a social life?

Think you're the only one having trouble fitting in?

For most of us, heading to college marks the first time we are entirely responsible for ourselves. It's a time of life-altering experiences and heavy duty decision-making. Exciting? Sure. Stressful? Definitely.

Working with students at Georgetown, George Washington, and American University over the years, we have first-hand knowledge that there is tremendous pressure to appear as though you already have it all figured out – even just when starting out! Behind the scenes, however, so many of your peers are facing new challenges like managing anxiety, depression, disordered eating, and new relationship issues. Joining one of our groups for college students can be a confidential and safe way to process these experiences and learn new tools for getting through.

Group members will:

- *Discover new ways to manage stress, anxiety, and complicated feelings*
- *Practice mindfulness-based stress reduction techniques*
- *Develop new skills to build healthy, lasting relationships*
- *Create a personalized plan to promote a balanced lifestyle*

Patti Anderson is an experienced therapist who works with adults and couples. Her areas of expertise include stress management, depression, anxiety, eating disorders, and relationship issues. **Stacy Notaras Murphy** is an accomplished counselor with advanced training in relationship therapy and trauma treatment. For more information and to register, please contact us below.

Patricia Anderson, M.Ed., LPC, NCC

www.dcmindbody.com

202-441-0941

Stacy Notaras Murphy, M.S., LPC, NCC

www.stacymurphyLPC.com

202-460-2667