



ANGRY WOMEN! GROUP



2:30PM -
4:00PM



6822 Loop Rd
Building 2, Suite 106
Centerville, OH
45459



6-8 women



\$40 per group

Facilitated by two local
(and sometimes angry)
therapists

Emily Remnant, LPCC, Emily Remnant, LLC
Cassie Kooser, LPC, Rise Enlightened

For 6-weeks, gather in community with other women to share our individual and collective experiences while we explore topics like relationships, body confidence, sex & sensuality, adult friendships, influences of patriarchal systems, and more.

Groups will be held on Friday Afternoons.

Visit our website below or email us to register:
cass@riseenlightenedwellness.org
emily@tandemcolumbus.com

www.riseenlightenedwellness.org/groups

Angry Women! Psychotherapy Group
Dayton, OH, Fridays, 2:30-4:00 PM
\$40 per group

Any woman, or female presenting person, seeking to establish, enhance, or maintain relationships with other women are invited to participate in this time-limited group (with option to expand ongoing, depending on group interest). The group experience will provide an opportunity for women to express and relate to each other in their anger, which is often otherwise shut down or ignored by the larger culture. This group will establish a space to: explore and challenge our relationship to anger, gendered beliefs and stereotypes, self-compassion, and broaden opportunities for connection and wholehearted living. *Topics may include, but are not limited to:*

Communication - Family of Origin - Boundaries
Conflict - Patriarchal & Larger Systems
Adult Friendships - Sex & sensuality - Confidence
Relationships with our bodies

Group is open to women of all races, classes, sexualities, abilities, religions, and gendered experiences. This group is stronger with more diverse perspectives among us. At this time, the Angry Women! Group is a closed group, which will meet for 6 sessions.

Therapist Facilitators:

Emily Remnant, MA, LPCC

Cass Kooser, MS, LPC

To express interest in joining or for questions, email
info@riseenlightenedwellness.org