

INSIGHT In FOCUS: Women's Counseling Groups

Why a group just for women?

Women struggle with issues unique to their gender. In a culture that has been slow to recognize and affirm women's roles and contributions, many girls grow to adulthood with little self affirmation and confidence. Women's developmental and life patterns are different than those of men. Many women have difficulty finding their own voice and their own way. They doubt their God-given worth and instead work endlessly to please others. Ultimately, they have difficulty defining themselves.

If this sounds too familiar, consider joining our Women's Group!

Issues Addressed

- Anxiety and depression
- Grief and loss
- Stress management
- Marital concerns
- Separation and divorce issues
- Family issues
- Crisis and trauma
- Religious and spiritual issues
- Step/blended families
- Chronic and terminal illness
- Workplace issues
- Sexual/physical abuse



Size of group: 5 to 7 members each

Time: 8:00am, 9:30am, Noon,
6:00pm, 7:30pm



Dr. Laurel Link, D.Min.

Dr. Link has been a psychotherapist leading women's groups with CareNet Counseling for fifteen years.



FAITH-INTEGRATED
PROFESSIONAL COUNSELING

What is pastoral counseling?

Pastoral counseling seeks to intentionally integrate the client's values and faith resources into the healing process. Pastoral counselors are ordained ministers who have advanced degrees from an accredited theological school and also have extensive clinical training in psychology and the behavioral sciences. Counselors will not impose their own beliefs on the client, but will assist the client in identifying and incorporating the client's faith resources, support systems, and values into the counseling process. All CareNet counselors are licensed by the state of North Carolina and one or more professional bodies such as marriage and family therapy, licensed clinical social workers, or other recognized state or national organizations.

For More Information

Individuals interested in the Women's Group may contact Dr. Laurel Link directly at 336-716-0854.



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