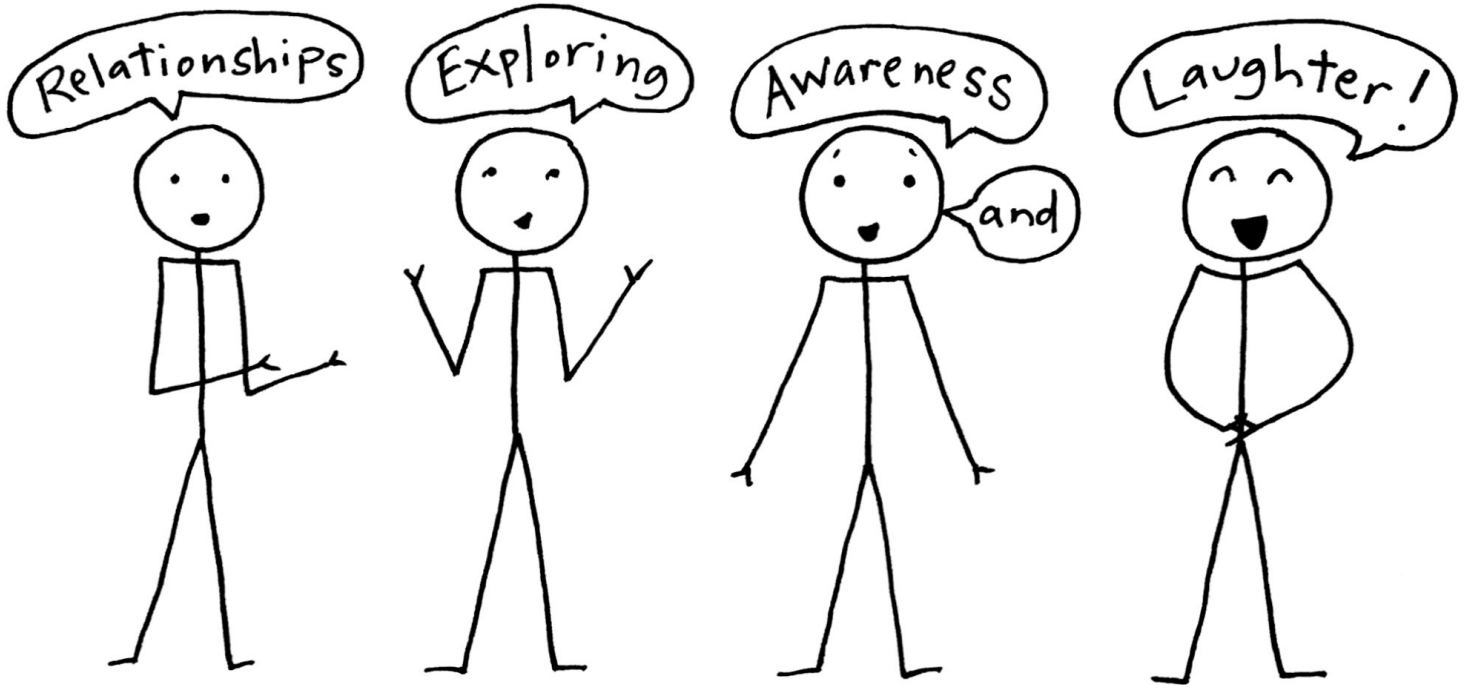


Keep it R.E.A.L.



An open & welcoming process group* starting October 11th every other Wed 11am to 1pm in SE Portland (Buckman neighborhood)

Led by professional therapists Marie Cacao, LMFT and Wendy Curtis, LPC, this group is for people from any background, race, orientation, gender identity, age and situation. **Some experience and/or current work in psychotherapy is required.** The focus will not be on a particular topic, but rather whatever needs and concerns are relevant for the members and the group at the moment.

Group size will be limited to 10 members. Cost will be \$60 per group session. Aetna and PacificSource insurances accepted. Six month commitment requested; further details will be discussed in screening appointment.

For questions or to schedule a screening appointment, **contact Marie** at (503) 985-8377 or mariecacao@gmail.com **or Wendy** at (503) 290-6107 or wendy@livegrowtransform.com

***What's a process group?** Excellent question! I recommend you Google "what is a psychotherapy process-oriented group" – GoodTherapy.org gives a helpful explanation.