

Introducing...



***Pondering:***  
*A collective for podcast-loving women seeking growth in community*

*An opportunity for women to learn more about themselves in a safe, supportive & fun environment!*

**When:**

Meetings will take place weekly on Tuesdays from 6-7:30pm, with a couple of breaks due to holidays (Halloween, Thanksgiving). The dates are: 10/10, 10/17, 10/24, 11/7, 11/14, and 11/28/2023. A 10-15 minute phone call or virtual meeting with you in advance of the first session is required. This is a free consultation with the goal of making sure the group is the right fit for you and to help me get to know you a bit better prior to beginning.

**Registration & payment details:**

Each meeting costs \$60, with a commitment to attending/paying for the full six weeks once you join. You can pay for the group each week or in a lump sum. Because I have blocked my time for the group, I ask that group members agree to pay for all six meetings, even if a conflict arises and you are unable to attend a meeting. There are no reimbursements for missed meetings.

Ready to sign up? Email me @ [drkrakow@womenswellnessatlanta.com](mailto:drkrakow@womenswellnessatlanta.com). Register by 10/6 to secure your spot!

\*\*\*early bird pricing: get one session free if registered prior to 10/6!\*\*\*

**What else do I need to know:**

The group will intentionally be kept small with no more than 6-8 women total. This will be a closed group once we've begun in order to maintain cohesion, familiarity & safety of the group. This group is designed to encourage open, friendly dialogue with the goal of group members feeling free to express themselves, be seen and grow.

Meetings will be held at Humanly, a building with spaces specifically designed for professionals offering wellness services. The space offers a warm, comfortable environment and there is ample parking behind the building. I hope you'll join me!



*Facilitated by: Beth Krakow, Ph.D.*  
*licensed psychologist*  
*[www.womenswellnessatlanta.com](http://www.womenswellnessatlanta.com)*

