

# Women in Transition: A Four Week Group

Are you experiencing a significant change in your life?

- Divorce, significant breakup
- New relationship, marriage
- Grief, death of a loved one
- Illness or disability
- Job loss or new job
- Birth of a child
- Empty nest
- Transition of any kind



Are you looking for help navigating these changes and finding new meaning and fulfillment in your life?

Find support in a small group setting.  
Share with other women who are having similar experiences.  
Learn how to cope with and embrace change.

This group will use a combination of individual and group activities to help you learn about the process of change and to explore where you have been, where you are now, and where you wish to go.

**Dates:** Thursdays in February - 2nd, 9th, 16th, 23rd  
**Time:** 6:30-8:00pm  
**Cost:** \$15 per session

**Location:** Satori Wellbeing Center, 18978 Front Street (Second Story), Poulsbo

**For Information and Registration:** Call Nani Baran at (206) 407-3256

Co-facilitated by Nani Baran and Taya Lahr Hall



Nani Baran, M.A., L.M.H.C.A. graduated with a M.A. in Psychology from Seattle University's psychotherapy program. She has studied and has experience in a variety of treatment approaches and specializes in grief, loss and bereavement, personal authenticity and transitions. She welcomes LGBTQ clients and is fluent in ASL. She has a private practice in Poulsbo. [www.nanibaran.com](http://www.nanibaran.com)

Taya L. Hall, M.A., L.M.F.T.A., C.M.H.S. has a M.A. in Counseling Psychology with a Specialization in Somatic Psychology from the School of Holistic Studies at J.F.K. University in Pleasant Hill, CA. She has worked with children and adults in many settings, including grief and loss support groups, residential treatment of adolescents, intensive in-home family counseling, and individual, couples, and family therapy in community mental health. She has a private practice on Bainbridge Island.

