BUILDING BETTER RELATIONSHIPS

Feel lonely even when you aren't alone?

Want to feel more satisfied or fulfilled in your relationships with yourself or others?

WEDNESDAYS 2:30 - 4:00 PM
FACILITATED BY: SHARON LEE, PH.D & KIMBERLEY DESIR, M.S.

A space to grow and find different and healthier ways to relate in your relationships, receive support from others who get it, and feel heard.

The first step to join is to call us at 302-831-2141 to set up an appointment to talk with one of our counselors.