

Postpartum Group

Facilitated by Jessica Scales, LMFT



Open to all new parents who are looking to learn to juggle life's demand, wanting to break free from guilt and shame, figure out how to manage stress, deal with family issues, and feel more at ease in this new life chapter.

8 Week Group
June 22nd to August 10th
Thursdays from 10:30 am to 12 pm

Cost: Most insurance accepted (coverage depends on your particular plan); out of pocket is \$25 a week. Some scholarships available.

This is a closed group. Participants register for the group prior to starting the group. Contact Jessica by calling 206-486-4805 or by email at Jessica.Scales@nextleveltherapynw.com.

Location:
Next Level Therapy, NW
202 South 348th Street, Suite 2
Federal Way, WA 98003