



EMPOWERMENT GROUP

Through an integrative therapeutic approach in a group setting, the participants in this group will have the opportunity to explore their feelings, values, and behavior as it relates to their sense of personal empowerment in their lives.

Facilitators: Susan Lamb, MFT Intern and Sydney Lambeth, MFT Trainee. Supervised By: Dr. Antonia Noble Ludwig, LMFT #MFC30688

California Lutheran
UNIVERSITY

**Personal control
over one's life**

**Approaching life
proactively**

Self-awareness

**Greater sense of
fulfillment**

**Confidence and
strength**

COMMUNITY COUNSELING SERVICES

31416 Agoura Rd. #115
Westlake Village

CLUcounseling.org

Every Wednesday evening
starting Sept. 13
7:15-8:45 pm
\$10 per session