

Understanding Attachment



Anxious



Secure



Avoidant



Disorganized

Come join us for 8 weeks of unpacking attachment styles using *Attachment Styles + Workbook 2-in-1: Practical Solutions and Tools to Transform Anxious, Avoidant, and Disorganized Behavior Patterns to Secure Lasting Relationships*.

In-person from 6:30-8:00pm Tuesday evenings. Starting date TBD when slots are filled. Price break for \$75 per week up front for the full program. Weekly pricing is \$85. Cash only. No refunds.

What: Women's Group (Max 10)

When: Tuesdays 6:30-8:00pm

Where: 190 Rosewood Centre Dr. Suite 100
Holly Springs, NC 27540

Who: For questions and interest, please contact Tonya Bishop (LCMHC, NCC) at tonya.bishop@lifecarecc.com or Chris Wilzack (PMHCNS-BS, NP-C, FNP-BC, PMHNP-BC) at chris.wilzack@lifecarecc.com

